DOCUMENT RESUME

ED 310 077 SP 031 357

AUTHOR Irving, Holly Berry
TITLE Adult Nutrition Education Materials. January 1982-October 1988. Quick Bibliography Series.
INSTITUTION National Agricultural Library, Beltsville, MD.
REPORT NO NAL-BIBL-QB-89-43
PUB DATE Mar 89
NOTE 38p.
PUB TYPE Reference Materials - Bibliographies (131)

EDRS PRICE MF01/PC02 Plus Postage.
DESCRIPTORS Anorexia Nervosa; Bulimia; Dental Health; Diabetes; *Dietetics; *Eating Habits; Food Standards; Hypertension; *Nutrition; Obesity; *Physical Health; *Special Health Problems

ABSTRACT

This annotated bibliography of materials available from the National Agricultural Library through interlibrary loan to local libraries focuses on nutrition and dietetics as they relate to physical health and special health problems. The bibliography was derived from online searches of the AGRICOLA database, and materials include audiovisuals, books, and other printed materials. There are 149 citations. (JD)

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Quick Bibliography Series

Adult Nutrition Education Materials January 1982 - October 1988

149 Citations

March 1989

NAL-BIBL. QB 89-43

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DATABASE SEARCHED: AGRICOLA

LANGUAGES: None excluded

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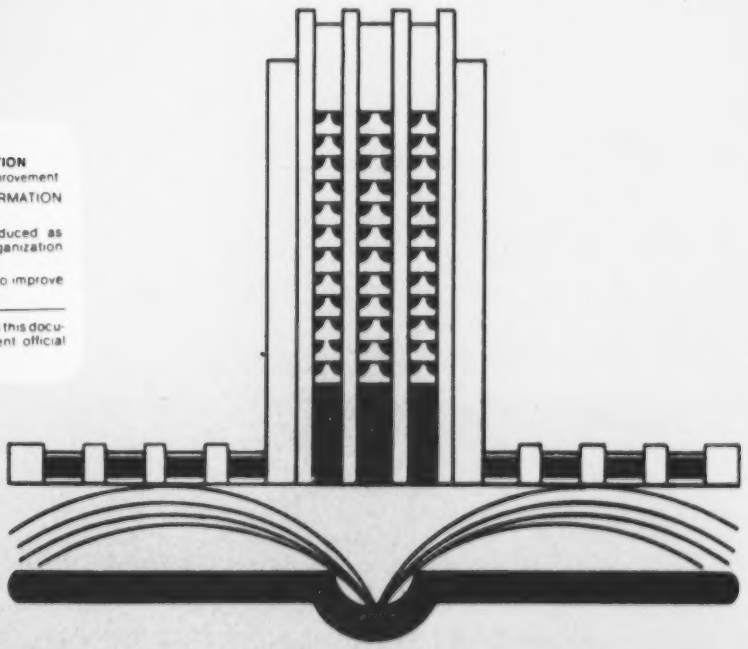

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AGRICOLA

Citations in this bibliography were entered in the AGRICOLA database between January 1979 and the present.

I. AUDIOVISUALS

0001
Anorexia and bulimia.
Princeton, N.J. : Films for the Humanities and Sciences distributor , c1987. Label title: Anorexia & bulimia.~ "FFH 1380"--Label. 1 videocassette (VHS-Standard play) (19 min.) : sd., col.; 1/2 in. (NAL Call No.: DNAL Videocassette no.253 F&N).
Abstract: One third of all college-age women are involved with some type of eating disorder. The characteristics of a person who is anorexic or bulimic are discussed in detail. A case study describes woman who outlines her feelings about eating, being thin, how the problem evolved, and the therapy that she received. The physiological effects of the disease (gastrointestinal, endocrine and central nervous system effects) as well as psychological effects are reviewed. David Faber, MD Pschiatrist at Norfolk General Hospital and Judith Royal, Program Manager for the Eating Disorder Center at Norfolk General Hospital discuss eating disorders and tneir experiences with anorexic and bulimic patients.

0002
Breastfeedingproduced by Myees Breen.
--.
; Breen, Myles. Mt. Prospect, Ill. : distributed by Mar Chuck Film Industries, 1985? . Title from container.~ "Print. 1 film reel (8 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL Motion picture no.85 F&N).
Abstract: An instructional film for new mothers presents the facts of breastfeeding in order to help the new or expectant mother make a decision on whether or not to breastfeed her baby. Myths of breastfeeding are dispelled in order to reassure the mother regarding her decision. Breast milk is compared to cow's milk and the overrall emphasis of the film supports breastfeeding as the superior method of feeding the infant. (ls)

0003
BulimiaABC Wide World of Learning. --.
; Downs, Hugh. Solana Beach, CA : CRM/McGraw-Hill, 1983, c1982. Intended audience: Junior high school through college students and adults. 1 film reel (12 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL Motion picture no.2 F&N).
Abstract: By interviewing a number of women with bulimia, and some who have recovered, the audience is enlightened regarding the seriousness and extensiveness of this eating disorder. The physical and psychological problems related to bulimia are discussed, with an emphasis on the potential health hazards involved. Psychologists present information obtained from their bulimic patients. Problems regarding cultural pressures and how they stress women in today's society are presented. Finally, current methods of psychotherapy and behavioral modification are explored. (ls)

0004
Calorie controlpresented by the Nutrition Education Center.
Overland Park, Kan. : The Center, c1985. Sound accompaniment compatible for manual and automatic operation.~ Library's set lacks slide no. 32. 33 slides : col. + 1 sound cassette (9 min. : 1 7/8 ips., mono.). (NAL Call No.: DNAL Slide no.213 F&N).
Abstract: In order to lose, gain, or maintain weight, calories must be counted. To facilitate this process, a calorie point system was developed by the Nutrition Eduction Center in Kansas which affords the participant the opportunity to select foods. With 75 calories equaling one point, the amount and kind of food determines calories. How to read handouts illustrating the program are reviewed in the cassette/slide presentation. Sample foods are shown as well as methods for determining amounts. Label reading for caloric content and dining out tips are also discussed. Success for the program is summarized as follows: count points with wise food selections; keep food activity records; and do not anticipate more than 1/2 to 1 pound of weight loss per week.

0005
Cons, quacks and frauds.
(Kildeer, Ill.) The Learning Seed Company c1982. Sound accompaniment compatible with manual and automatic operation -Includes booklet: Nine faces of quackery. 2 filmstrips (188 fr.) : col. ; 35 mm. + 2 sound cassettes (33 min.) + 1 teacher's guide + 33 booklets + 3 spirit masters. (NAL Call No.: HF5832.C65 F&N AV).
Abstract: A kit is designed to help the general public avoid falling victim to sales trickery, mail order fraud, chain letters, con games, the self-improvement exploitation industry, and self-cure medical quackery. Common examples of such cons and frauds are illustrated and discussed, and instructions are provided for avoiding them. (wz)

0006
Controlling diabetes through diet & exercise.
Timonium, Md. Milner-Fenwick, Inc. c1982. Title on container: Control thru diet & exercise. 1 film reel (10 min.) : sd., col. ; 16 mm. (NAL Call No.: RC660.C65 F&N AV).
Abstract: Recommendations for controlling diabetes in adults stress the importance of a well balanced diet and regular exercise. Food from the four food groups are important daily; sweet, sugary foods must be avoided. Fruits are good for snacking. Digestion of sugary foods is illustrated with graphics (i.e., increased demand for insulin due to sugar intake aggravates dietary control of diabetes). Read food labels to detect the presence of sugar in foods; a number of common sweeteners are identified (e.g., sorbitol). Weight reduction is often necessary to control diabetes but fad diets should be avoided. Regular exercise is recommended

and tips are given to help increase expenditure of calories. Check with the doctor before any strenuous exercise program is begun. (kbc)

0007
Diabetes and complicationsfocus on living. --.
Venice, Calif. : Oracle Film & Video, 1984? . Title from data sheet. 1 film reel (23 min.) : sd., col. ; 16 mm. + 1 leader's guide. (NAL Call No.: DNAL Motion picture no.48 F&N).
Abstract: A group of nine diabetic individuals discusses the problems, complications, and feelings associated with the disease. The film highlights the psycho-social impact that complications such as retinopathy, neuropathy, and nephropathy have on the individuals and their families. The important role a positive attitude plays in a successful adaptation to further health loss, and some forms of coping with the emotional stress are presented. Encouragement is given by discussion of new technologies and improved blood gencose control. A discussion guide is included with the film. (ls)

0008
Diabetes, focus on family.
Venice, Calif. : Oracle Film & Video, 1983? . Title from data sheet. 1 film reel (23 min.) : sd., col. ; 16 mm. + 1 leader's guide. (NAL Call No.: DNAL Motion picture no.46 F&N).
Abstract: This film on diabetes highlights the effect diagnosis of the disease has on the individual and members of the family. It stresses the importance of communication among family members and health care professionals. Problems associated with the disease such as pregnancy, diabetic children and elderly persons living alone are examined. Common complaints faced by diabetics and their families are discussed by the patients. (ls)

0009
The diabetic diet--a slide showby Sari F. Edelstein. --.
Edelstein, Sari F. San Diego, Calif. : Nutrition Works for You, c1985. 62 slides : col. ; 5 x 5 cm. + 1 sound cassette (25 min.) + 1 script. (NAL Call No.: DNAL Slide no.121 F&N).
Abstract: This graphic slide presentation of the diabetic diet begins with an introduction to the causes and types of diabetes, and the body's need for insulin. In the diabetic diet, each serving from one of the food groups is called an "exchange". The diabetic patient is taught how to manipulate his/her diet by using the exchange group system. The foods from each exchange group are presented and the serving size of each is given. Suggestions for preparing a typical lunch, dinner, and snack according to the exchange system are given as examples. (ls)

0010
Dimensions in fitnessobesity : lose to win /Sharon Wood. --.
Wood, Sharon. S.l. : Dimensions in Fitness, c1984. 1 videocassette (44 min.) : sd., col. ; 3/4 in. + 1 guidebook. (NAL Call No.: DNAL Videocassette no.43 F&N).
Abstract: This videotape is a fitness program by Sharon Wood entitled "Dimension In Fitness," designed for the viewer to perform while watching the tape. An exercise class does a variety of music accompanied exercises. A booklet is included with the program and provides a 7 day, 1200 kilocalorie sample menu. The main objective of the program is to achieve behavior modificationand to get the viewer to adhere to a long-term, healthful, weight reduction program. (ls)

0011
Dining outa consumer's guide to restaurants.
Kildeer, Ill. : The Learning Seed Co., 1982. Includes 35 copies of booklet entitled Menu language: truth and fiction.- Sound accompaniment compatible for manual and automatic operation. 2 filmstrips (117 fr.) : col. ; 35 mm. + 2 sound cassettes (24 min.) + 1 teaching guide (21 p.) + 35 booklets. (NAL Call No.: DNAL FNC TX945.D55 F&N AV).
Abstract: Guidelines are provided to assist consumers in obtaining fair value for their money when dining out in restaurants. Restaurant protocol also is described to assist diners in feeling less intimidated by the customs and etiquette required. Information is given to help read between the lines on menus and to understand the vocabulary of dining. Fraud through menu misrepresentation is addressed--a frequently-encountered event which costs diners over a billion dollars annually and which can easily ruin a meal. Also included in the kit are copies of a booklet ("Menu Language: Truth and Fiction"), and a teaching guide. (wz)

0012
Eat, drink, and be warya Churchill film. --.
Los Angeles, CA : Churchill Films, 1984. Intended audience: Junior high school students through adults. 1 film reel (22 min.) : sd., col. ; 16 mm. + 1 study guide. (NAL Call No.: DNAL Motion picture no.4 F&N).
Abstract: The purpose of this film is to examine how food processing affects the nutrition of the general population. The nutritional losses from processing and the refining of grains are explored. The reasons for increased use of additives and the controversies they inspire are examined. Recommendations are made to reduce the high amount of sugar, salt, and fat in our diets. The general goal of the film is to encourage a healthy diet high in unprocessed foods. (ls)

0013
Eat well, be well anthology Metropolitan Insurance Companies.
New York Metropolitan Life Insurance Co. Evanston, Ill. distributed by Journal Films, Inc. c1983. 1 videocassette (29 min.) : sd., col. ; 3/4 in. --. (NAL Call No.: TX355.E198 F&N AV).
Seven dietary guidelines issued by the USDA and US Dept. of Health and Human Services are discussed. The 7 dietary guidelines for Americans are: eat a variety of foods; maintain ideal weight; avoid too much fat, saturated fat, and cholesterol; eat foods with adequate amounts of starch and fiber; avoid too much sugar; avoid too much salt; and moderate alcohol intake. Nutritional advice to help consumers comply with the guidelines are given. Recipes are prepared that comply with each specific guideline. (kbc)

0014
Eat well, be wellproduced by Amram Nowak Associates.
; Hatton, Helen. New York : Metropolitan Life Insurance Co., 1982? . U-matic. 2 videocassettes (117 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL FNC TX355.E197 F&N AV).
Abstract: This series of 26 individual nutrition education messages is based on the 7 U.S. Dietary Guidelines. Each nutrition message is enhanced by a recipe that is low in fat, cholesterol, sodium and sugar. At the end of each message the 7 dietary goals are given. 1) Avoid too much sugar. 2) Avoid too much fat. 3) Avoid too much cholesterol. 4) Eat foods high in fiber and complex carbohydrates. 5) Avoid too much alcohol. 6) Avoid too much sodium. 7) Watch your weight. Recipes may be requested from the sponsor. (kbc)

0015
Fat and cholesterol comparison chartsa visual aid for diet instruction.
Sacramento, CA. : Nutrition Graphics, c1985. 8 charts : col. ; 22 x 28 cm., in folder. (NAL Call No.: DNAL Graphic no.113 F&N).
Abstract: An instructional kit to aid dietetians in providing visual, factual information to patients who need to restrict their dietary fat and cholesterol intakes contains 8 removable hard cardboard charts and a summary master table of additional information. Five of the charts, each representing a different food group (meat, fish, and poultry; milk, cheese, and eggs; breads and cereals; fats and condiments; and snacks), provide information on fat (g/serving) and cholesterol (mg/serving) levels for differ ent food choices within the food group in an easily read bar graph format. In addition, the food bars given on the 5 food group charts are color-coded, with green, yellow, and red designating "go," "caution," and "stop" food choices, respectively. The remaining 3 charts contrast low fat and cholesterol menus with high fat and cholesterol menus for breakfast, lunch, and dinner. The levels used for fat and cholesterol in the 8 charts were taken from 7 USDA Handbooks (Handbooks 8-1, 8-4, 8-5, 8-8, 8-10, 8-11, and 456) and the text, "Dictionary of Sodium, Fats, and Cholesterol."- Additional information and guidelines are given in the accompanying summary master table.

0016
Focus on food showCalifornia State University, Los Angeles ; with Margaret McWilliams and Holly Heller. --.
; McWilliams, Margaret.~Heller, Holly. Los Angeles, Calif. : The University, 1983. Produced under a grant from Ross Laboratories.~ Number of show on container. 1 videocassette (28 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 9).
Abstract: Salt-free foods and sodium-restricted diets are the topics of this "Focus" segment.
Salt-substitutes and low sodium products may be used in place of salt, as the meal preparation sequence demonstrates. Obesity and underweight in the elderly, as well as the caloric needs of the sick, are discussed in an interview with Dr. Susan Calvert. (rvl)

0017
Focus on food showCalifornia State University, Los Angeles ; with Margaret McWilliams and Holly Heller. --.
; McWilliams, Margaret.~Heller, Holly. Los Angeles, Calif. : The University, 1983. Produced under a grant from Ross Laboratories.~ Number of show on container. 1 videocassette (28 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 8).
Abstract: Nutritional requirements may vary with age and lifestyle. This segment is devoted to an examination of the role of calcium, fluorine, Vitamin A, and exercise in preventing osteoporosis in middle age. Vegetables and dairy products are demonstrated to be excellent sources of these nutrients, and the menu-planning segment of the show features spinach-cheese quiche, asparagus, and a relish plate. Changes in the concept of the 4 basic food groups are also considered. (rvl)

0018
Focus on food showCalifornia State University, Los Angeles ; with Margaret McWilliams and Holly Heller. --.
; McWilliams, Margaret.~Heller, Holly. Los Angeles, Calif. : The University, 1983. Produced under a grant from Ross Laboratories.~ Number of show on container. 1 videocassette (28 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 7).
Abstract: The daily requirements necessary to sustain a healthy person in optimum physical condition can be obtained in a single day's worth of well-planned meals. Dr. Frederick Shore discusses vitamin supplements vs. a balanced diet, while the menu for the day is discussed, prepared and displayed. The purpose of nutrition and ingrediant food labeling is discussed against the background of a supermarket, where various labels are examined. Dr. Susan Calvert, in an interview,

considers the regulation of food additives and chemicals. (rvl)

0019
Focus on food showCalifornia State University, Los Angeles ; with Margaret McWilliams and Holly Heller. --.
; McWilliams, Margaret.~Heller, Holly. Los Angeles, Calif. : The University, 1983. Produced under a grant from Ross Laboratories.~ Number of show on container. 1 videocassette (28 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 5).
Abstract: Dr. Frederick Stare, who feels that sugar is not a significant problem in the American diet, explains the differences among sugars. In a market scene, a nutritionist compares different types of margarine. Two women prepare a luncheon of broccoli scramble, brussel sprouts and oatmeal cookies. Dr. Susan Calvert discusses, with a nutritionist, changes in the American eating patterns since 1910. They recommend the USDA Dietary Guidelines as a good pattern for eating. The final segment is a display of meals for one day which conform to these guidelines. (emc)

0020
Focus on food showCalifornia State University, Los Angeles ; with Margaret McWilliams and Holly Heller.
; McWilliams, Margaret.~Heller, Holly. Los Angeles, Calif. : The University, 1983. Produced under a grant from Ross Laboratories.~ Number of show on container. 1 videocassette (28 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 13).
Abstract: Two nutritionists discuss the value of fish in a low calorie diet, and plan meals for one day. Fruits and vegetables are stressed by Dr. Frederick Stare in comments about food in relation to heart disease. In a grocery store segment, a nutritionist discusses the various kinds of milk available and the relation of fat content to price. A low fat meal using fish as an entree is prepared by the 2 nutritionists. Dr. Susan Calvert addresses nourishment of sick people with prosperity feedings and nutritional assessment. The final segment shows the meals planned in the opening segment. (emc)

0021
Focus on food showCalifornia State University, Los Angeles ; with Margaret McWilliams and Holly Heller. --.
; McWilliams, Margaret.~Heller, Holly. Los Angeles, Calif. : The University, 1983. Produced under a grant from Ross Laboratories.~ Number of show on container. 1 videocassette (28 min.) : sd., col., ; 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 4).
Abstract: Patients with heart disease may need to restrict their intake of certain types of food. To show how these can be incorporated into the diet, 2 nutritionists plan menus for one day. Dr. Helen Guthrie points out the types of milk available and the nutritional need for milk. In a market sequence, a nutritionist talks about different types of cheese and how some have been modified for certain nutritionally restricted diets. The nutritionists prepare cheese chowder, toast, and a spinach salad. Dr. Susan Calvert talks with a nutritionist about the NIH cancer studies examining the relationship between nutrients and malignancies, and the importance of maintaining body weight. (emc)

0022
Food, fitness and your lifestyleproduced by Penn State Television and Barbara Shannon. --.
; Shannon, Barbara. University Park, Pa. : Penn State Television, 1985. Title from container. 2 videocassettes (184 min.) : sd., col. ; 3/4 in. + 1 script + 1 manual for training program leaders. (NAL Call No.: DNAL Videocassette no.87 F&N).
Abstract: Training health professionals involved with nutrition and weight control programs in the worksite is the objective of this video/manual presentation of 9 sessions totalling 3-4 hours. The step-by-step guide accompanying the clearly and simplistically staged video prepares the program leader to assist in goal setting for participants via weekly food diaries and weight control charts, to identify calorie sources and portion control with a basic understanding of nutrition, and to acquire a thorough understanding of physical activity components and benefits. Eating behavioral patterns with methods for acquiring new food habits, tips on discovering hidden calories via food label reading and recipe modification, menu selection when eating out, and plans for future support group sessions comprise the other areas presented. Relevant hand-outs and overhead sheets accompany each session. (jdb)

0023
Food label knowledgeknow what you're eating. --.
Jamaica, N.Y. : Eye Gate Media, 1983. Intended audience: Intermediate and junior high.~ Sound accompaniment compatible with manual or automatic operation.~ "F8332.". 1 filmstrip (60 fr.) : col. ; 35 mm + 1 sound cassette (14 min.) + 1 guide. (NAL Call No.: DNAL Filmstrip no.21 F&N).
Abstract: Not all Americans know what is in the foods they eat. Consumers are taught the basic principles of good nutrition, in this filmstrip and information is presented on how to correctly read food package labels. In structions on how to avoid labelling gimmicks and judge the superiority of one product over its competitors are given. (gs)

0024
Foods, fads and facts.
; Higgins, Alfred.~Wallen, Stephen.~Matsudaira, Vince. Los Angeles, Calif. Alfred Higgins Productions, Inc. c1982. 1 film reel (20 min.) : sd., col. ; 16 mm. + study guide (1 sheet). (NAL Call No.: TX369.F66 1982 F&N AV).

Abstract: A fast paced film presents nutritional facts and looks at food fads to help the consumer distinguish between accurate and misleading nutrition information. Unsound diets, unnecessary health foods and food supplements, organic and inorganic fertilizer, and current nutrition controversies are discussed along with what constitutes a balanced diet. (kbc)

0025
The Growing uterus charts.
New York : Maternity Center Assoc., c1985. 5 slides : col. ; 5 x 5 cm. + 1 instructor's guide. (NAL Call No.: DNAL Slide no.157 F&N).
Abstract: "The Growing Uterus Chart" is a slide-set design ed as instructional material for expectant mothers. Five anatomical drawings depict the changing relationship between a woman's growing uterus and the other organs in her body. In cross-section of tne female abdomen, the charts reveal the uterus at four stages of development: in a non-pregnant state, at the end of the fifth and ninth months, and at term. The viewer gets an increased awareness of the changes taking place in her body during pregnancy. An instructor's guide accompanies the slides. (ls)

0026
Health in the later years Churchill Films.
; Berle, Milton.& Be well, health in the later years. Los Angeles, Calif. Churchill Films 1983. Intended audience: College students and adults -Title on container: Be well, health in the later years. 1 film reel (24 min.) : sd., col. ; 16 mm. --. (NAL Call No.: RA777.6.H4 F&N AV).
Abstract: Comedy vignettes convey general information on the main health concerns for people over 60. Aging is shown as a natural process with unique challenges and rewards. The following topics are covered: aging myths; loss of health and vigor; monitoring complaints; preventive health care (nutrition, exercise, and stress reduction); visits to the doctor; medications; smoking and alcohol use; and ways to change unhealthy habits. (kbc)

0027
Health quackeryfact or fraud? /produced for the Program Department, AARP by Merrick Communications. --.
Washington, D.C. : American Association of Retired Persons, c1985. Sound accompaniment compatible for automatic and manual operation. 76 slides : col. + 1 sound cassette (12 min.) + 2 program guides + 14 pamphlets. (NAL Call No.: DNAL Slide no.185 F&N).
Abstract: This consumer education program, prepared by the American Association of Retired Persons (AARP) focuses on the topic of health quackery. The program includes 75 color slides, consumer pamphlets, addresses at which to report health frauds, a participant quiz, and a program leader guide. The elderly have been noted as being the chief targets of health frauds. After partaking in the one-hour program, participants will learn how to combat blatant and unsuspected health quacks.

0028
Heart attack Churchill Films.
Los Angeles, Calif. Churchill Films 1983. Intended audience: Senior high school students through adults. 1 film reel (13 min.) : sd., col. ; 16 mm. --. (NAL Call No.: RC685.C6H4 F&N AV).
Astract: The underlying pathophysiology of a heart attack is explained along with possible causes, symptoms, and treatment. Diet, exercise, and stress management techniques are explained. Survival is possible if people respond immediately to early warning signals. Animation is used to demonstrate diminishing blood flow through arteries with specific emphasis on the heart and coronary arteries. (kbc)

0029
High blood pressure.
Los Angeles, Calif. Churchill Films c1983. Produced with the cooperation of the American Heart Association. 1 film reel (9 min.) : sd., col. ; 16 mm. --. (NAL Call No.: RC685.H8H48 F&N AV).
Abstract: The causes, symptoms, treatments, and management of high blood pressure are discussed. The physiology underlying the disease is explained. Proper diet, exercise, and stress management also are discussed.

0030
Jane Brody on nutrition.
Brody, Jane E. New York, N.Y. Network for Learning Inc. c1983. 1 sound cassette (39 min.) : 1 7/8 ips. ; 2 1/2 x 3 7/8 in., 1/8 in tape. (NAL Call No.: TX353.B729 F&N AV).
Abstract: Highlights from the author's bestselling "Nutrition Book" are presented. Featured are discussions on diet, exercise, fat and cholesterol, caffeine & alcohol, vitamins & health food, protein & carbohydrates and salt & food additives. The author is an award-winning columnist for "The New York Times." The focus of this presentation is to encourage people to eat right, lose weight and keep fit for a healthy and happy life. (kbc)

0031
Keep in harmony with nature, breast feed your baby.
(Washington, D.C. U.S. Dept. of Agriculture, Food and Nutrition Service 1983?). Sound accompaniment is in English on one side (11:50) and in Navajo on the other (24:10). 52 slides : col. + 1 sound cassette (36 min.). (NAL Call No.: RJ216.K4 F&N AV).
Abstract: An educational presentation featuring an American Indian mother enumerates the advantages of breastfeeding and offers guidelines for the nursing mother. Breastfeeding provides immunity, is inexpensive, eliminates the need for water, refrigeration, and sterilization, and is always the right temperature for baby. Body and eye contact are important for mother and baby. The composition of the

first breast fluid (colostrum) and milk are discussed. Nursing techniques and feeding practices are noted. Sanitary practices are important, and comfort of the mother during the feeding period is essential. Once the milk supply is established the baby will set its own need pattern. Weight gain is a good indication that the milk supply is adequate. Seek medical advice before beginning solid foods. The mother should get adequate rest, drink at least 8 glasses of fluid a day, eat a variety of foods (the food groups are explained) and avoid overeating, alcohol, smoking, and drugs. For proper breast care the mother is advised to wear a foundation garment and avoid letting the breasts get too full. Express the milk as necessary. Tips are given for nursing in public. (kbc)

0032
Lifesavers.
; Mitchell, J. Gary.~Louis, Laura.~Latta, Michael. Northbrook, Ill. MTI Teleprograms Inc. 1983. CREDITS: Producer, director, J. Gary Mitchell; writers, J. Gary Mitchell, Laura Louis, Michael Latta. 1 film reel (25 min., 30 sec.) : sd., col. ; 35 mm. + 1 discussion guide (9 p.). (NAL Call No.: TX360.U6L53 F&N AV).
Abstract: A report on the need for change in the American diet and in American attitudes toward health and fitness is presented in a film aimed at law enforcement, criminal justice, security, and correction personnel. The focus is on long-term fitness, improved quality of life, the importance of fitness, and an individual's commitment to health. The underlying attitudes that contribute to poor fitness, lifestyle, are examined and methods of reversing potentially dangerous risk factors are discussed. It is stressed that people who have improved their health through diet and fitness are better prepared to serve the public effectively and enjoy their lives as well. (kbc)

0033
Make your food dollars countbuy better to eat better /produced by United States Department of Agriculture, Food and Nutrition Service.
Alexandria, Va. : U.S. Dept. of Agriculture, Food and Nutrition Service, 1984? . Pamphlets and posters in English and Spanish.~ Sound accompaniment compatible with manual and automatic operation. 70 slides : col. + 1 sound cassette (13 min.) + 1 script (14 p. : 28 cm.) + 1 project guide (21 cm. ; 28 cm) + 4 posters + 8 pamphlets + 1 sound disc (2 min : 33 1/2 rpm, mono.; 3 1/2 in.). (NAL Call No.: DNAL FNC TX356.M307 F&N AV).
Abstract: A USDA nutrition information kit designed to help low-income families (particularly, food stamp users) buy and prepare more nutritious, less expensive foods and to enable these individuals to obtain the most food and nutrition benefit for each food dollar spent. This kit includes a project guide, 4 wall posters, a 33 1/3 rpm recording of 6 themes (2 repeated in Spanish) on buying better and eating better, 4 fliers on economic food nutrition themes (with 4 identical fliers in Spanish), and a set of color slides, complete with audiocasette tape and a narrative guide. This kit is recommended for extension agents, personnel in State health departments, nutritionists, dietitians, and food stamp office staff for their work with low-income households. (wz)

0034
Mild salt-restricted diet a Milner-Fenwick production.
Timonium, Md. Milner-Fenwick Inc. c1982. "HA-17.". 1 film reel (11 min.) : sd., col. ; 16 mm. (NAL Call No.: RM237.8.M5 F&N AV).
Abstract: A case study format is used to show adults the health implications of using excessive salt in food and the difficulty of reducing consumption of salt. The overabundance of salt in commercially prepared food items is emphasized. Guidelines for limiting salt use are provided. Salt alternatives and substitutes (such as other seasonings) are suggested. (rkm)

0035
New baby carePRI presents ; producer, Esther Altschul ; director, Bruce Colling. --.
Evanston, Il. : Professional Research, 1984. Title from container.~ Intended audience: Senior high school students through adults.~ Issued also as super 8 mm. and as videorecording. 1 film reel (18 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL Motion picture no.31 F&N).
Abstract: New Baby Care is a film designed for new mothers to help provide the best conditions possible for her new infant. Basic skills such as proper ways to hold the baby, breast feed, prepare the bottle, and care for the baby are presented. The mother's emotions are examined, including ways to best deal with postnatal depression. Proper medical attention for the infant is stressed, including vaccinations, and ways to maintain the optimal infant health and development are discussed. (ls)

0036
Nursing, a family affairCase Western Reserve University ; producer, Patricia Rambasek ; director, Arden Wilfong. --.
Evanston, IL : Perennial Education, 1983. Title from data sheet.~ Intended audience: Adults. 1 film reel (28 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL Motion picture no.84 F&N).
Abstract: Nursing : A family Affair is designed to educate the new mother or mother-to-be on the subject of breast feeding. The film is based on interviews of parents with babies and small children, and examines their viewpoints regarding nursing the baby. In addition, breast physiology and function are examined, with regard to milk production. Instructions are given for proper breast and nipple care, as well as proper holding and feeding techniques for the infant. (ls)

0037
NutriGame (developed by Florence Christoplos).
; Christoplos, Florence. Laurel, Md. F. Christoplos c1984. Includes chart, game cards, score sheets, instruction sheet and 1 die. 1 game ; in envelope 23 x 31 cm. (NAL Call No.: TX535.N78 F&N AV).
Abstract: A nutrition education game for 2-6 players is won by being the first to have the required number of food cards in each of 7 nutrient blocks in the game scorecard (6 in carbohydrates, 3 in roughage, 3 in B vitamins, 3 in vitamin C, 2 in calcium, 2 in protein, and 1 in vitamin A or D), and not having more than 5 "penalty" dot food cards (foods containing too much salt, fat, or cholesterol). A food chart listing the nutrients contained in each of the foods listed on the individual food cards guides the players in selecting appropriate nutrient blocks on the scorecard to place their food cards. Each player receives 5 food cards to start the game, and rolls a die, in turn, to determine the number of additional food cards (up to 3) a player must take. Scoring and alternative modifications of the game are described. (wz)

0038
Nutrition and oral healthThe University of Washington School of Dentistry.
; Kiyak, Asuman H. Seattle, Wash. : The School, 1982. Series title on guide: Oral health education for the elderly.~ Sound accompaniment compatible with manual or automatic operation. 51 slides : col. + 1 sound cassette (14 min.) + 1 teacher's guide + 1 script + 25 handouts. --. (NAL Call No.: DNAL FNC RK55.A3N87 F&N AV).
Abstract: This program focuses on the relationship between oral health and diet, especially in the later years of life. It lists dietary actions than can lessen "dry mouth" and discusses the relationship of candy to dental caries. Chewing, eating slowly and tongue brushing are encouraged and saliva substitutes are mentioned. Suggestions are offered for increasing food flavor using spices and herbs. The role of calcium in changes in the jaw bones and osteoporosis is explained and good sources of this nutrient are pictured. A summary of the main points of the program concludes the set. (emc)

0039
Nutrition in the later years Churchill Films.
; Berle, Milton.& Be well, nutrition in the later years. Los Angeles, Calif. Churchill Films 1983. Intended audience: College students and adults ~Title on container: Be well, nutrition in the later years. 1 film reel (24 min.) : sd., col. ; 16 mm. --. (NAL Call No.: TX361.A3N81 F&N AV).
Abstract: Comedy vignettes convey information on nutrition and food, especially the nutrition needs of the older (60+) population. Topics include : the 4 food groups; shopping for nutritious, low-cost foods; reducing sugar, fats, and salt; changing eating habits to control weight; preparing tasty meals; and dealing with eating alone and loss of appetite. (kbc)

0040
Nutrition in the later yearswritten by Cathy Franklin ; presented by the University of Washington School of Dentistry ; project director, Asuman H. Kiyak.
; Franklin, Cathy.~Kiyak, Asuman H. S.l. : Joe Drovetto Audio Visual Productions? , c1982. Title on slide 3: A Good diet for the later years.~ Series title on guide: Oral health education for the elderly.~ Sound accompaniment compatible with manual or automatic operation. 80 slides : col. + 1 sound cassette (15 min. : 1 7/8 ips., mono.) + teacher's guide + 25 handouts. (NAL Call No.: DNAL Slide no. 169 F&N).
Abstract: Nutrition in the Later Years is a slide-tape presentation designed to increase nutrition awareness in the elderly. The program includes a presentation of the basic four food groups and recommended daily requirements of necessary nutrients. Problems characteristic of the elderly population, such as low income, lack of transportation, lack of facilities, and health problems are discussed in conjunction with the need to maintain a proper diet. Suggestions and recommendations are given and handouts are available. (ls)

0041
Nutrition issuesJulie M. Jones. --.
Jones, Julie M. S.l. : American Association of Cereal Chemists, c1985. Title from label. 1 videocassette (50 min.) : sd., col. ; 1/2 in. (NAL Call No.: DNAL Videocassette no.59 F&N).
Abstract: Dr. Julie M. Jones discusses nutrition issues as they pertain to the general public. She focuses on the sources of nutrition information available to the consumer, such as books and magazine articles, research findings, and governmental guidelines. In particular, she explores the myths surrounding nutrition by emphasizing accurate information about carbohydrates, fiber, sugar, protein, and fat. In addition, specific dietary habits which may be unhealthful are cited and ways to change or improve these habits are presented. (ls)

0042
Nutrition todayfast foods, convenience foods, and snacks / produced by Sheila Ashbrook .
Ashbrook, Sheila. Urbana, Ill.? : S. Ashbrook, 1986. 75 slides : col. + 1 script. (NAL Call No.: DNAL Slide no.235 1986 F&N).
Abstract: This slide attempts to educated families as to what is good nutrition, in order that they can make wise decisions when selecting snacks, fast and convenience foods. It suggests that we should eat a wide variety of foods but in moderation in order to lessen health problems. One should consider the fat content, number of

calories/day, sodium intake, cost and convenience of these foods. It is concluded that snacks, fast, and convenience foods do not mean poor nutrition unless one lets them do so. It is suggested that one avoids empty calories, foods with high sodium, and fat contents.

0043
Outside my momthe story of a breast-fed baby /presented by March of Dimes. --. White Plains, N.Y. : March of Dimes Birth Defects Foundation, 1983? . 80 slides : col. + 1 sound cassette + 1 teachers guide. (NAL Call No.: DNAL Slide no.123 F&N).
Abstract: "Outside My Mom" is the story of a breast-fed baby, "narrated" by the infant. The infant shares his experiences with the audience, describing his birth and how he and his mother adjust to their new life together. Together with his friends, they discuss issues regarding breast-feeding and resolve some of the problems associated with lactation and nursing. This whimsical presentation emphasizes the positive qualities of the closeness which develops between an infant and mother, and regards breast-feeding as a pleasurable experience. The program is available in slides or a filmstrip, and is accompanied by a handout and teacher's guide. (ls)

0044
Outside my momthe story of a breast-fed baby /presented by March of Dimes. --. White Plains, N.Y. : March of Dimes Birth Defects Foundation, 1983? . 1 filmstrip (80 fr.) : col. ; 8 mm. + 1 teaching guide. (NAL Call No.: DNAL Filmstrip no.37 F&N).
Abstract: "Outside My Mom" is the story of a breast-fed baby, "narrated" by the infant. The infant shares his experiences with the audience, describing his birth and how he and his mother adjust to their new life together. Together with his friends, they discuss issues regarding breast-feeding and resolve some of the problems associated with lactation and nursing. This whimsical presentation emphasizes the positive qualities of the closeness which develops between an infant and mother, and regards breast-feeding as a pleasurable experience. The program is available in slides or a filmstrip, and is accompanied by a handout and teacher's guide. (ls)

0045
A Personal plan for wellness.
; Ardell, Donald B.-Tager, Mark J.& Planning for wellness. Northbrook, Ill. MTI Teleprograms Inc. 1982. Accompanied by Planning for wellness by Donald B. Ardell and Mark J. Tager (RA776.A65 1982 F&N C-2690) -Leader's guide written by Mark J. Tager and Donald B. Ardell. 1 film reel (32 min.) : sd., col. ; 16 mm. + leader's guide. (NAL Call No.: RA776.P42 F&N AV).
Abstract: A personal planning process that can help one understand the total aspect of "wellness" is described. Wellness is more than physical health, it is a lifestyle focused on well-being. A family's experience depicts how cultural norms at home, work, and play influence lifestyle and choices. Attention is placed on reshaping less desirable lifestyles and habits into a total program for personal wellness. The film is designed to encourage discussion which will focus on setting effective, realistic goals. A leader's guide is included. (kbc)

0046
Physical fitness in the later yearsChurchill Films.
; Berle, Milton. Los Angeles, Calif. : Churchill Films, 1983. Intended audience: College students and adults. 1 film reel (23 min.) : sd., col. ; 16 mm. + 1 study guide. --. (NAL Call No.: DNAL FNC RA781.P49 F&N AV).
Abstract: Milton Berle hosts this series of dramatized incidents about the variety of ways that people can stay physically active, or even start exercising regularly for the first time in later years. Short vignettes and interviews with well-known authorities address misconceptions about exercise for older people; the need for exercise to prevent deterioration; positive effects of exercise and different levels of exercise; caution about stating an exercise program, particularly aerobics, and tips on motivation. Exercises that stretch, strengthen, and relax are demonstrated. The value of exercise for arthritis and other conditions and exercise in water is also shown. (emc)

0047
A Picture of health.
; Mitchell, J. Gary.-Louis, Laura.-Latta, Michael.-Cimino, Rick. Northbrook, Ill. MTI Teleprograms Inc. 1983. 1 reel (21 min.) : sd., col. ; 16 mm. + discussion guide (7 p.). (NAL Call No.: TX360.U6?52 F&N AV).
Abstract: Cultural and societal attitudes that contribute to health and fitness or unfitness are discussed. An improved diet and a sensible fitness plan can help us achieve a healthier and longer life. Degenerative diseases in America are discussed because it is estimated that 70-80% of all diseases in America are caused by poor quality diets, smoking, and lack of physical activity. Three preventive health programs are examined: aerobics (the effect of exercise on hormones and attitudes); low-fat diet (alternatives to the normal American diet with emphasis on the Pritikin diet); and family nutrition (a 5 year health and nutrition study designed to encourage families to consume a low-fat diet). Life style changes and a commitment to health are required. A discussion guide is included. (kbc)

0048
The pivot quick and easy vitamin and mineral locator compiled by William H. Lee. -.
Lee, William H. New Canaan, Conn. Keats Publishing c1983. 1 rotary chart ; 25 x 23 cm. (NAL Call No.: TX553.V5L38 F&N AV).
Abstract: A reference wheel for 18 vitamins includes 2 not normally classified as vitamins (F&P) and 12 minerals. Given are: the RDA (if established) and natural sources; other nutrients with which the nutrient works best; deficiency signals; foods or drugs that can adversely affect the nutrient; and the definition of 12 terms (e.g., carbohydrates). The locator is not intended for medical advice, but solely for informational and educational purposes. (kbc)

0049
A Practical approach to a high fiber diet.
Pa.? : Pennsylvania State University?, 1985? . Title from container. 1 videocassette (10 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL Videocassette no.62 F&N).
Abstract: This videotape gives an informative presentation of dietary fiber. The viewer is shown a variety of foods, and is asked to choose the ones thought to be high in fiber. Crude fiber, the fiber remaining after scientists have treated the food, is explained as being quite different from dietary fiber. Including high fiber foods in the daily diet is stressed in order to reduce the risk of a variety of diseases. These diseases include gastro-intestinal disorders, diabetes, obesity, heart disease, and cancer. A wide variety of foods is suggested; however, the viewer is told that too much fiber is not beneficial. (ls)

0050
Pregnancy on the rocksF.A.S. Productions and Peter Glaws Productions. --.
; Jones, Kenneth Lyons. Coronado, CA : F.A.S. Productions ; Peter Glaws Productions ; Long Beach, CA : Southerby Productions distributor , 1983.
Intended audience: Ages 14 through adults.~ Issued also as videorecording. 1 film reel (25 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL Motion picture no.54 F&N).
Abstract: "Pregnancy on the Rocks" is a documentary film regarding the detrimental effects of drinking during pregnancy. This film explores the fetal alcohol syndrome, its causes, symptoms, and latest findings. The severity of the disease and the importance of proper maternal care are presented with the intention of educating expectant mothers with drinking problems. (ls)

0051
Salt and hypertension.
; Lengsfelder, John.~Lisciandro, Katherine.~Lisciandro, Frank. (Santa Monica, Calif.) Image Associates (released by) Pyramid c1982. 1 film reel (26 min.) : sd., col. ; 16 mm. + film guide. (NAL Call No.: TX553.S6S33 F&N AV).
Abstract: The detection and treament of hypertension, a cardiovascular disease, are discussed in a film for consumers. Hypertension (high blood pressure) is a major cause of death in America, affecting more than 5 million people yearly. One out of 4 Americans is affected by hypertension. Hypertension can be aggravated by salt (or sodium) found in foods or added to foods. Methods of moderating salt and sodium intake are discussed by: comparing the sodium content of fresh foods to processed foods; showing how similar products can contain varying amounts of salt/sodium; and identifying high-sodium-content common foods. Strategies for maintaining a low salt diet are given. (kbc)

0052
Salt: the hidden threat.
; Wallen, Stephen.~Heldman, Michael. Los Angeles Alfred Higgins Productions, Inc. c1983. 1 film reel (21 min.) : sd., col. ; 16 mm. + 1 sheet. (NAL Call No.: TX553.S6S35 F&N AV).
Abstract: Possible health implications of high salt and sodium intake are discussed. Ways to reduce sodium intake; find the sodium content of foods (in restaurant foods and in processed foods); and how to find suitable substitutes are discussed. Snack foods, food habits, and typical teenage food fare are covered. (kbc)

0053
Search for nutrition produced by U.S. Department of Agriculture, Food and Nutrition Service.
(Washington, D.C.) The Service (1983?). Sound accompaniment compatible with manual and automatic operation. 80 slides : col. + 1 sound cassette (10 min., 35 sec.) + 1 script booklet (10 p.) (NAL Call No.: TX361.A554 F&N AV).
Abstract: Materials developed for the American Indian food assistance program discuss ways in which the Indians originally secured foods. Drying and storing foods for use in the winter seasons and for medicine were important functions. Although the food choices today are more numerous, one must be careful about the foods selected. Foods high in salt, sugar, and fat are more abundant and often low in vitamins and minerals. Several medical problems (diabetes, hypertension) are discussed with particular emphasis placed on foods that can aggravate the conditions. Suggestions are provided that will help the individual choose foods carefully, select a wide variety of foods, and stretch the food dollar. The food groups (and the reasons for their importance in health) are explained. Exercise and calorie counting are stressed. (kbc)

0054
Shake the habit.
; Brown, Linda. Pacific Palisades, Calif. Polished Apple 1982. CREDITS: Author, Linda Brown; consultants, Annamarie Shaw, Patricia Wilhite. 1

filmstrip (43 fr.) : col. ; 35 mm. + 1 sound cassette (12 min.) + 1 program guide with script. (NAL Call No.: RM237.8.S45 F&N AV).
Abstract: A nutrition education program educates patients and the general public, and assists health professionals in hypertension treatment programs on sodium intake reduction. The kit uses the framework of the Basic Four food groups to identify high sodium foods and suggests low sodium alternatives. Non-food sources of sodium also are discussed. Practical guidelines are given for preparing flavorful meat without the use of table salt. Program participant goals include: recall of at least 2 physical effects that can occur with extra salt buildup in the body; identification of sodium food products from each of the 4 food groups; and determining whether foods from plant or animal sources have a higher natural sodium content. (wz)

0055
Slim chance.
Northbrook, Ill. Hubbard c1982. 1 game board (51 x 61 cm.), 6 packs of cards, 1 spinner, 4 trays, 1 calorie box, 1 bag of calorie chips, 1 instruction booklet. (NAL Call No.: RM222.2.S56 F&N AV).
Abstract: A nutrition education game for the general public teaches players how to balance caloric intake (food) with exercise (caloric expenditure) and how to maintain a safe body weight and minimize body stress. The game, designed for 4 players, is played by taking calorie chips by drawing a breakfast, lunch, or dinner card, giving up calorie chips (exercising) by moving the marker as indicated by the spinner, and by avoiding stress tickets. The object of the game is to keep the stack of calorie chips in the safety zone and to avoid stress tickets as the marker is moved around the board. The winner is the player with the fewest stress tickets. Options on caloric intake are made throughout the course of the game. Chance cards provide unexpected events which can affect the players caloric balance. (wz)

0056
Snacks count too! Gilbert Altschul Productions.
Evanston, Ill. Journal Films, Inc. c1983. Second edition of the motion picture issued in 1975 under the same title -Intended audience: Junior high school through college and adult. 1 film reel (11 min.) : sd., col. ; 16 mm. + teacher's guide. --. (NAL Call No.: TX355.S62 1983 F&N AV).
Abstract: The role of snacks in people's daily intake of food, and the positive and negative effects of snacking are discussed. Also discussed is the need to evaluate eating habits that include a lot of snack foods, as well as the detrimental effects of excessive snacking, such as obesity. The relationship between high sodium intake and hypertension is also covered. Also mentioned is the fact that habits established in childhood are often the cause of excessive snacking. Suggestions are given to help understand how snacks should be balanced with meals. (kbc)

0057
The Special journeypresented by the Infant Formula Council.
New York : The Glyn Group, Inc., c1984. 1 film reel (22 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL FNC RG973.S66 F&N AV).
Abstract: Six women discuss how they handle specific decisions they faced regarding motherhood. This live action film follows these women as each one explains the problems she faced, for example: 1) Should I breastfeed? 2) Should I get pregnant and jeopardize the sight in 1 eye because of an existing tumor? 3) How should the responsibility for the baby be shared between me and my husband? 4) Will pregnancy and childbirth change the intimacy that exists between my partner and I? 5) Should I have the baby or have an abortion? 6) Will I be able to fully care for the baby and be responsible for this child? These are questions most women must face as they consider the responsibilities of motherhood. (kbc)

0058
Stocking up Bullfrog Films, Rodale Press.
; Cursley, Frank. Oley, Penn. Bullfrog Films 1982. "A film by Frank Cursley, Jr.". 1 film reel (27 min., 16 sec.) : sd., col. ; 16 mm. (NAL Call No.: TX612.V4S78 F&N AV).
Abstract: Techniques for preserving foods by drying, canning, freezing, and using a root cellar are shown in a film for adult gardeners. The advantages of food preservation (i.e., economical, nutritious, simple, family involvement, and self reliancy) are stressed. Methods include: electric and solar drying; drying bulbs (onions and potatoes); proper storing; pit cellaring; blanching and freezing (vegetables, fruits); and canning (cold pack, hot pack, low acid foods). Appliances including food processors, corers, large size food mills, and special canning utensils that make the job easier are shown and described. The preserving is done in a typical farm kitchen and yard area. (rkm)

0059
Stress.
; Mitchell, J. Gary.-Beach, Scott. Northbrook, Ill. MTI Teleprograms Inc. 1982. CREDITS: Producer, writer, J. Gary Mitchell -NARRATOR: Scott Beach. 1 film reel (21 min.) : sd., col. ; 16 mm. + discussion guide (7 p.). (NAL Call No.: RC963.5.A1S78 F&N AV).
Abstract: The role stress plays in cardiovascular disease and heart failure, is discussed. Stress can kill, therefore, one must learn how to live with it. Stress comes from our fast-paced lifestyle especially from work and its competition. Stress can be a positive force also. Three case studies are featured. The first man only temporarily managed to change is

lifestyle (ceased smoking, ate and exercised properly) but he never learned to cope with stress in his life and died at 43. The second man changed his lifestyle after a heart attack, and the third attempts life changes to prevent coronary problems. Personality types are mentioned and a discussion guide is included. (kbc)

0060
Strokes Churchill Films.
Los Angeles, Calif. Churchill Films 1983. 1 film reel (10 min., 30 sec.) : sd., col. ; 16 mm. --. (NAL Call No.: RC388.5.S78 F&N AV).
Abstract: A presentation on the causes and effects of stroke points out that the brain is susceptible to damage from diseases of the arteries, particularly stroke. The mechanisms that set the conditions for a stroke are explained with emphasis on hardening of the arteries and blood clots. If a stroke occurs it will affect certain functions controlled by the brain. The functions (speech, memory, muscular control) affected will depend upon the location of the stroke in the brain. Once a stroke has occurred rehabilitation through physical therapy can help. Basic lifestyle changes, which may be required if there is a family history of stroke, include having regular medical checkups, exercising, learning to relax, eating balanced meals (lower in fat and cholesterol), and stopping smoking. (kbc)

0061
Teenage pregnancychallenges and choices. --.
Arvada , Colo. : Educational Graphic Aids, c1982. A Teaching program by EGA.~ Catalog no. 350. 80 slides : col. + 1 sound cassette (15 min. : 1 7/8 ips., mono.) + 1 teacher's guide (NAL Call No.: DNAL Slide no 154 F&N).
Abstract: This slide-cassette presentation is designed for teenage expectant mothers. It shows a group of pregnant teenagers discussing their problems, fears, and hopes regarding their predicament. The program explains to the viewer that a teenage parent faces many special challenges, and that the choices she makes will affect her and her baby for the rest of their lives. Eating right during pregnancy, finishing school, and whether or not to give up the baby are a few of the topics examined. A leader's guide accompanies the program. (ls)

0062
To your heart's contentpositive approaches to fitness. --.
Carlsbad, Calif. : Spectrum Films, 1982. Title from data sheet.~ Intended audience: Adults.~ Issued also as videorecording. 1 film reel (26 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL Motion picture no.50 F&N).
Abstract: Understanding the importance of regular exercise for the maintenance of optimal health is the major goal this film. The importance of fitting physical activity into the sedentary adult life is stressed, and examples of people of various ages and backgrounds are given to illustrate to the viewer different ways in which everyone can incorporate exercise into their regular daily routine. Cardiovascular exercises are emphasized, such as swimming, walking, jogging, and cross-country skiing. (ls)

0063
Toward immortalityGannett Company.
Northbrook, Ill. : MTI Teleprograms, c1983. 1 film reel (27 min.) : sd., col. ; 16 mm. + 1 discussion guide. (NAL Call No.: DNAL FNC HQ1061.T68 F&N AV).
Abstract: A narrated film examines the meaning of increasing longevity, the reasons for it, its implications, and the problems and issues involved in living longer lives. Interviews with scientists regarding recent scientific advances in understanding the aging process are presented. Misconceptions about older adults and aging are discussed. The roles of lifestyle and nutrition in longevity are identified. An accompanying discussion guide includes a description of the film's objectives, suggestions for prescreening activities, a synopsis, after screening activities, and discussion questions. (ch)

0064
The Waist landeating disorders in America. --.
Deerfield, Ill. : MTI Teleprograms, 1985? . Title from container. 1 film reel (23 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL Motion picture no.11 F&N).
Abstract: This film explores the social and psychological forces behind the growth of bulimia and anorexia nervosa, and how they are afflicting thousands of young women. The film explores the role of advertising in promoting the image of the "beautiful woman." It also investigates the psychological and emotional implications that surround the drive for thinness in our culture. Because of the emergence of widespread eating disorders, the film stresses the importance of re-evaluating weight standards and beauty images. (ls)

0065
The Waist landwhy diets don't work. --.
Deerfield, Ill. : MTI Teleprograms, 1985? . Title from container. 1 film reel (23 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL Motion picture no.12 F&N).
Abstract: This documentary film is designed to focus on the issues of dieting and its role as a national obsession for most American women. The film illustrates the unfortunate role which the media play in presenting the ideal women as unrealistically thin. Interviews with doctors, psychologists and overweight individuals present information on the reasons for diet failures and the effect of todays "ideal image" on a woman's lifestyle and overall self-image. In addition, the health problems associated with constant weight fluctuations and poorly designed

or fad diets are presented as serious problems. (ls)

0066
The Wellness lifestyle ABC Wide World of Learning.
New York ABC Wide World of Learning 1982. 1 film reel (29 min.) : sd., col. ; 16 mm. (NAL Call No.: RA776.W38 F&N AV).
Abstract: "Wellness", an approach to living based on exploiting the link between body and mind is explained. Wellness encourages fulfilling one's potential through a 5 point program that incorporates nutritional awareness, fitness, stress management, environmental sensitivity, and self-responsibility. Using different age groups, the film describes the 4 stages in planning a wellness system: 1) presentation of the overall concept; 2) creation of a personal wellness plan; 3) the development of a support group; and 4) monitoring and evaluation. A leader's guide is included. (kbc)

0067
What is diabetes.
Timonium, Md. Milner-Fenwick, Inc. c1982. 1 film reel (11 min.) : sd., col. ; 16 mm. --. (NAL Call No.: RC660.W429 F&N AV).
Abstract. Diabetes mellitus, a controllable disease, is explained. Diabetes is defined and its effects on body function are illustrated (e.g., the relationship between sugar, insulin, and body cells) with graphics. Symptoms of diabetes include hunger, tiredness, frequent urination, and excessive thirst. Guidelines are offered for controlling the disease: eliminate sweet, sugary foods; lose excess weight; and exercise regularly. Take precautions to protect feet, hands and skin. Home urine testing is explained (results should be shared with the doctor). Medication (i.e., insulin) for control of diabetes is necessary for adults only when diabetes can't be controlled by diet alone. (kbc)

0068
Your cancer care diet.
Malibu, Calif. : The Polished Apple, 1985. Title on container: Your cancer diet. 1 filmstrip (78 fr.) : col. ; 35 mm. + 1 sound cassette (16 min. : 1 7/8 ips, mono.) + 1 program guide. --. (NAL Call No.: DNAL FNC RC271.D52Y68 F&N AV).
Abstract: This instructional program describes the role of nutrition in cancer therapy. It encourages the patient and his/her family to take an active part in the recovery process. Adequate nutrient intake can enhance cancer therapy. A well-nourished patient responds better to radiation and chemotherapy, and recuperates faster from surgery. The importance of not losing weight, the amount of protein and calories needed and ways to overcome rejection of food or eating problems is discussed. (kbc)

0069
Your cancer care diet.
Malibu, Calif. : The Polished Apple, 1985 . Title from label: Your cancer diet. 1 videocassette (15 min.) : sd., col. ; 1/2 in. (NAL Call No.: DNAL Videocassette no.35 F&N).
Abstract: The importance of proper nutrition in cancer therapy is stressed in this videocassette program for adolescents and adults, emphasizing the importance of minimizing weight loss, increasing dietary protein by 50% and Kilocalories by 20%, and overcoming loss of appetite and other eating problems. The etiology of cancer is described, including cell differentiation, to provide the viewer with an increased understanding of the disease., and a basic review of nutrition is included. The four food groups and suggested menus are discussed to help the patient with food selection. (ls)

0070
Your coronary care diet.
; Vickers, Linda. Pacific Palisades, Calif. Polished Apple 1982. 1 filmstrip (72 fr.) : col. ; 35 mm. + 1 sound cassette (11 min. : 1 7/8 ips. mono.) + 1 program guide. --. (NAL Call No.: RM221.C3Y68 F&N AV).
Abstract: A dietary education program is presented for patients having coronary heart disease or a recent heart attack. The program emphasizes the important principles of good nutrition for the heart, recommending that sodium, saturated fats, and cholesterol be restricted from the diet, and that ideal body weight should be achieved and maintained. Possible health complications that could occur if this special diet is not followed include further heart muscle damage from fatty deposits within the arterial walls (atherosclerosis), increased blood pressure or hypertension, and increased body weight, increasing the demand on the heart. This program invites patients to take an active part in their own treatment by providing information on what foods to avoid or use sparingly. (wz)

0071
Your low sodium dietDept. of Health Education, Mercy Hospital. --.
Des Moines, Iowa : The Hospital, 1982. Title from container. 1 videocassette (14 min.) : col., sd. ; 3/4 in. (NAL Call No.: DNAL Videocassette no.54 F&N).
Abstracts: A videotape presentation depicts a woman with high blood pressure telling her neighbor about the low sodium diet her dietitian recommended. The woman explains rationale and principles of the diet; she then systematically reviews each food group, points out high sodium items in each group, and removes sample high sodium foods from her cupboards and refrigerator. Low sodium alternatives are described as the neighbors prepare a shopping list. Seasoning alternatives, brown bag lunches, and eating away from home are also discussed. (ls)

0072
Your renal diet author, Linda Vickers.
-.
Vickers, Linda. (Pacific Palisades, Ca.) The Polished Apple 1982. Illustrations by Rob Vickers; consultants: Alison Anderson, Patricia Wilhite, Barbara Zachary. 1 filmstrip (66 fr.) : col. ; 35 mm. + 1 sound cassette (9 min. ; 2 track, mono.) + 1 program guide. --. (NAL Call No.: RM221.K5V5 F&N AV).
Abstract: A dietary education program is presented for the families of and patients suffering from kidney failure. The program emphasizes nutritional requirements during renal failure and discusses key nutrients, caloric, and fluid intakes and their relevancy to renal failure therapy. The patient is encouraged to assume an active part in treatment. While there are necessarily many dietary restrictions, there are a number of ways the patient can prepare and enjoy acceptable, flavorful, and nutritious meals. The program should allow the patient to identify key dietary nutrients for renal therapy, recall general dietary restrictions, and understand the consequences of not following this special diet. Such consequences include urea buildup in the blood (causing appetite loss, nausea, vomiting), fluid retention (causing shortness of breath, fluid build-up around the heart and lungs, increased blood pressure), and heart problems (from too much or too little potassium). (wz)

0073
Your renal dietauthor, Linda Vickers.
--.
Vickers, Linda. Pacific Palisades, Ca. : The Polished Apple, 1982. 1 filmstrip (66 fr.) : col. ; 35 mm. + 1 sound cassette (9 min. ; 2 track, mono.) + 1 program guide. --. (NAL Call No.: DNAL Filmstrip no.46 F&N).
Abstract: "Your Renal Diet" is a dietary education program intended to be used with the kidney patient and his/her family. It emphasizes the basic principles of nutrition during renal failure. Nutrients highlighted are protein, sodium, and potassium as well as calorie and fluid intake. This program encourages the patient to take an active part in the treatment of his/her renaldisease. Although there are dietary restrictions, it is possible for the patient to prepare and enjoy flavorful, nutritious meals. A review of the major health complications which could result from not following the special diet is include d. (kbc)

0074
Your ulcer diet.
; Vickers, Linda. Pacific Palisades, Ca. Polished Apple 1982. 1 filmstrip (63 fr.) : col. ; 35 mm. + 1 sound cassette (9 min. ; 1 7/8 ips. mono.) & 1 program guide. --. (NAL Call No.: RM221.P4Y68 F&N AV).
Abstract: A dietary education program for use with patients having peptic ulcer disease, their families, and health care providers is presented. Discussion covers food items which are known to increase gastric acid secretion, decrease mucous cell formation, and relax the lower esophageal sphincter, all of which contribute to ulcer formation. Irritable food items include caffeine drinks, alcohol, pepper, and other spices. The program encourages the patients to take an active part in treating the peptic ulcer, and emphasizes dietary restrictions, rest, and antacid therapy. The patient should be able to identify key detrimental dietary factors, understand the consequences of not following the recommended special diet, and recall the general dietary restrictions upon completion of the course. (wz)

0075
Your weight reduction dietLinda Vickers.
--.
Vickers, Linda. Malibu, CA : The Polished Apple, 1984? . Audience: patients.~ VHS format. 1 videocassette (12 min.) : sd., col. ; 1/2 in. (NAL Call No.: DNAL Videocassette no.73 F&N).
Abstract: This audiocassette is designed as a patient education program for persons on weight reduction diets. It uses cartoon illustrations to present information on Calorie counting, behavior modification, and increasing physical activity. Two main goals of the program are to help the patient understand the importance of a weight reduction diet and to recognize possible complications of not following the diet. Calories are defined and information is given to achieve one pound of weight loss per week by decreasing energy intake and increasing energy expenditure. (ls)

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II. BOOKS AND PRINT MATERIALS

0001
All about food allergy /Faye M. Dong. --.
Dong, Faye M. Philadelphia, Pa. : George F. Stickley Co., 1984. Includes index. xii, 210 p. : ill. ; 24 cm.
Bibliography: p. 176-183. (NAL Call No.: DNAL FNC RC596.D6 F&N B-4100).
Abstract: Food allergies or reactions can be controlled through diet modifications. Distinctions are made among: (a) food allergies in which antibodies in the body react with food substances to produce illness; (b) food reactions that result from the lack of enzymes to digest or metabolize the foods; and (c) reactions caused by certain food preservatives or additives. Nutrition information and recipes are provided to help food allergy sufferers avoid the offending foods or food additives while maintaining a balanced and attractive diet. Topics focus on basic characteristics and causes of food allergy; strategies for coping with allergenic foods; food substitutions, food avoidances, and the importance of reading food labels; nutrient requirments and how to satisfy them; and a large number of recipes, arranged by food categories. Information on food families, recommended daily allowances, and a daily food guide are appended. (wz)

0002
Better eating for better health : instructor's guide / American Red Cross.
Washington, D.C. American National Red Cross c1984. Developed in conjunction with U.S. Dept. of Agriculture, Human Nutrition Information Service. v, 188 p. : ill. ; 29 cm. Bibliography: p. 185-186. (NAL Call No.: TX354.B472 F&N E-4412).
Abstract: A teacher's guide for the American Red Cross nutrition course presents a detailed plan for teaching the 6 sessions of the course to educate adult consumers to enable them to make informed food decisions for improving health and for maintaining good health status through sound nutrition. A total of 25 types of activity sheets and resource materials accompany the teacher's guide. The 6 sessions cover: food and you; food composition; eating for health; food decisions; sound nutrition practices throughout life; and a summary session covering an overview of course principles. A description of the Red Cross film "Table Tales", and information on food additives, guidance for improved eating quality, and selected current nutrition references are appended. A separate participant's guide for the course is available. (wz)

0003
Better eating for better health : participant's guide / American Red Cross.
Washington, D.C. American National Red Cross c1984. Developed in conjunction with U.S. Dept. of Agriculture, Human Nutrition Information Service. v, 136 p. : ill. ; 28 cm. + 6 booklets + 1 poster in folder (30 cm.). (NAL Call No.: TX354.B47 F&N E-4411).
Abstract: A participant's guide for an interactive American Red Cross nutrition course covers 6 sessions aimed at improving the ability of adult consumers for making informed food decisions for health improvement and good health maintenance though sound nutrition choices. Twenty-five different activity sheets and resource materials are distributed over the 6 sessions, which cover: basic food facts (food nutrients, use of the "food wheel", food diary); food composition (labeling, fortification, additives); health risk (saturated fat, cholesterol, sodium, salt); food decisions regarding vitamins and minerals, and body weight; nutrition in various settings (pregnancy, infancy through adulthood; family feeding, recipe modification); and an overview session on course facts covered and their application to proper diets. A packet of materials accompanying the guide includes a food wheel poster, and booklets on nutrition during pregnancy, infancy, childhood, adolescence, and adulthood. (wz)

0004
Bibliography on anorexia/bulimia /prepared by Mrs. Virginia Noir. --.
Noir, Virginia. Roseland, New Jersey? : V. Noir?, 1984? . Cover title. 8 leaves ; 28 cm. (NAL Call No.: DNAL FNC RC552.A5N63 F&N E-4493).
Abstract: A listing of 45 books, popular magazine articles, 2 pamphlets, and an audiovisual is provided for people interested in learning more about the two eating disorders anorexia nervosa and bulimia. Anorexia is a refusal to eat, which can result in extreme weight loss. It is primarily a disease of adolescent girls, usually precipitated by normal dieting to lose weight. Bulimia sufferers alternately binge, and then purge themselves of ingested food by self-induced vomiting or by taking laxatives. Victims of these 2 eating problems have a pathological need to be thin, coupled with an inability to see themselves as anything but fat. Addresses and telephone numbers are included for 3 organizations for further information on anorexia and bulimia. (wz)

0005
Consumer health a guide to intelligent decisions /Harold J. Cornacchia, Stephen Barrett. --.
Cornacchia, Harold J. ; Barrett, Stephen,; 1933-. St. Louis : Times Mirror/Mosby College Pub., 1985. xvii, 423 p. : ill. ; 24 cm. Includes bibliographies and index. (NAL Call No.: DNAL RA410.5.C67 1985).
Abstract: Factual information and guidelines to help consumers carefully and intelligently select health care products and services are provided in this comprehensive text emphasizing the social, psychological, and economic aspects of the health marketplace. Major subject categories include the dynamics of the health marketplace, services, products, and consumer protection.

Topics covered in the chapters on health services include orthodox and unorthodox health care practices, dental care, mental health care, self-care, and health insurance. Health products that are examined include skin and beauty aids, prescription and over-the-counter drugs, nutrition and weight control products, and exercise devices and services. The consumer protection section focuses on economics, laws, government agencies, voluntary organizations, sources of reliable information, and strategies for the consumer. Each chapter contains summary questions, a list of references, and a variety of informative tables, charts, and illustrations. The text is designed for teachers, health educators, and health professionals in a wide variety of disciplines including consumer health, health education, consumer education, sociology, psychology, home economics, and business. (aj)

0006
Consumer's resource handbook / Virginia H. Knauer.
; Knauer, Virginia H. Washington, D.C. U.S. Office of Consumer Affairs 1984. iv, 111 p. : ill. ; 28 cm. (NAL Call No.: HC110.C63C65 1984 F&N E-4428).
Abstract: A handbook/directory designed to help the general public avoid consumer problems, handle complaints, and seek additional resources provides suggestions for evaluating a product before purchasing it, writing a letter of complaint, and locating names and addresses of consumer contacts. The directory includes listings of: corporate business contacts; automobile manufacturers, state Better Business Bureaus; industry-sponsored third-party dispute resolution programs; trade associations; and state, local, and Federal consumer protection offices. Also listed are state banking authorities, offices on aging, insurance regulators, utility commissions, and weights and measures commissions. Selected federal agencies and information centers are cited and TDD numbers (for the deaf) are included. Publishers of consumer information materials are identified. An index provides cross-references by topic and help source. (kbc)

0007
Controlling Type II diabetes through meal planning and exercise.
Pearce, Richard B. ; Day, Nancy Raines. Daly City, CA. : Krames Communications, 1983. Cover title.- Patient Information Library. 15 p. : ill. ; 26 cm. (NAL Call No.: DNAL RC660.P4).
Abstract: How the body makes energy by metabolizing foods is described in this booklet. Its purpose is to educate patients about diabetes and its treatment. It shows one how meal planning, regular exercise, and medication, in some cases, can control type II diabetes so that one can lead a healthy active life.

0008
Cooking for your waistline.
S.l. : Consulting Nutritionists of Central Illinois, Inc., c1983. Cover title. 9, 10 leaves, 1 leaf of plates : ill. ; 28 cm. (NAL Call No.: DNAL RM222.2.C6).
Abstract: Four culinary workshops that demonstrate weight reduction principles are outlined in these materials from the Consulting Nutritionists of Central Illinois, Inc. Workshop topics include 1) slimming with soups and salads, 2) enchanting entrees, 3) the slim and sensuous vegetarian, and 4) the perfect dessert. Background information is presented on 1) workshop topics, objectives, and goals for participants, 2) general principles of weight loss, and 3) ways to make dieting interesting when preparing and eating meals. The importance of maintaining blood glucose levels during weight reduction and the high-protein diet myth are discussed. Recipes provided for class preparation are complete with nutrition information on the calorie, protein, carbonydrate, fat, and cholesterol content per serving.

0009
Coping with the gluten-free diet /by Marion N. Wood ; with a foreword by Margaret B. Salmon. --.
Wood, Marion N. Springfield, Ill. : Thomas, c1982. Includes index. xiii, 150 p. ; 23 cm. Bibliography: p. 146. (NAL Call No.: DNAL FNC RC862.C44W6 F&N C-2686).
Abstract: Recipes and guidelines are provided to assist in the rehabilitation of patients with gluten intolerance. Medical facts and advice concerning gluten intolerance and its associated problems are discussed, and personally-described selected case histories are included. The easily prepared master bread recipes are based on the current scientific knowledge of gluten intolerance, and include recipes for lactose-intolerant and food allergy patients. A large section devoted to casserole dishes gives special attention to the use of rice sticks in place of pasta. A menu chpater provides suggestions and recipes for special occaisons in which the gluten-intolerant individual is sharing meals with gluten-tolerant individuals. An appended dictionary on additives offers interpretations of many commonly-used chemical substances used in everyday foods to aid patiets in reading food labels to evaluate personal food safety. (wz)

0010
The Cornucopia papers / Robert Rodale. -.
Rodale, Robert. Emmaus, Pa. The Cornucopia Project, Rodale Press 1982. Cover title. (24) p. : ill. ; 28 cm. (NAL Call No.: S605.5.R6 F&N E-4444).
Abstract: A systematic study of America's food system by a nongovernmental organization called the "The Cornucopia Project" focuses on what's happening on farms, in

supermarkets, and at dinner tables that can possibly lead to future food shortages. The study was sponsored by Rodale Press to increase awareness of this threat, and encourage preventive action. The strengths and weaknesses of America's food system are examined and areas where improvement is possible are identified. A series of food questions are asked. Suggestions on planning for future food needs are made. Organic gardening, how states can act to produce local foodstuffs, and ways to protect health are covered. The Cornucopia Project seeks to find solutions for food problems by encouraging cooperation between consumers, businesses and farmers. (kbc)

0011
Diabetes reach for health and freedom /edited by Dorothea F. Sims ; contributors, Margaret Calahan ... et al. ; illustrations by Meri Bourgard. --.
; Sims, Dorothea F..; 1916--Calahan, Margaret. St. Louis : Mosby, 1984. At head of title: The American Diabetes Association.~ "Prepared under the auspices of the Vermont Affiliate, American Diabetes Association, 1983-1984."~ Includes index. xvii, 171 p. : ill. ; 24 cm. Bibliography: p. 156-158. (NAL Call No.: DNAL FNC RC660.D56 1984 F&N E-4626).
Abstract: Various aspects of diabetes management are described for diabetics and health professionals who advise diabetic patients, emphasizing both factual and practical information. Topics include an historical perspective of diabetes from 3000 BC to the present diabetic diets and dietary avoidances; physical activity and exercise benefits; diabetes monitoring techniques; living with diabetes; diabetic complications; emotional stress tolerance; and characteristics and management techniques for both Type I and Type II diabetes. A listing of affiliate associations of the American Diabetes Association and pertinent references for further reading are appended. (wz)

0012
Diabetes, a new & complete guide to healthier living for parents, children & young adults with insulin-dependent diabetes /by Lee Ducat & Sherry Suib Cohen.
Ducat, Lee. ; Cohen, Sherry Suib. New York : Harper & Row, c1983. Includes index. xv, 253 p. ; 25 cm. Bibliography: p. 240-242. (NAL Call No.: DNAL RJ420.D5D8 1983).
Abstract: Offered as a coping manual and practical guide to a healthier, easier life for millions of insulin-dependent diabetics, this book presents a wide breadth of information. Dealing with doctors, teacher, babysitters, other children, how to handle birthday parties, camp, exercise, diet, school, sports, and travel; as well as advice on pregnancy, sex, dating and marriage are topics covered. First-hand experiences of diabetic patients and their parents are included, as are charts on nutrition information, insulins, and diabetic emergencies. With the knowledge presented, it is hoped that diabetic children and parents will take a responsible role in their overall health care.

0013
Diabetes breakthrough : control through nutrition / Sam Addanki with Maria Simonson and S. V. Cherukuri. -.
Addanki, Sam. New York Pinnacle Books 1982. xviii, 230 p. : ill. ; 18 cm. Includes bibliographical references and index. (NAL Call No.: RC662.A3 F&N C-2496).
Abstract: Background and guidance information is presented to assist lay people in understanding the complexities of their diabetes and in controlling it through improved nutritional practices. Numerous medical facts associated with patients having preventable and postponable illnesses are presented. Factual data (e.g., medical research data concerning malnutrition and malabsorption) are discussed and practical information (e.g, sexual problems of the obese and diabetic) is presented. Contrary to the popular belief that heredity plays a major role in causing this non-curable disease, personal research experiences (case histories) are described that illustrate the author's theory that 91% of all cases of adult-onset diabetes are caused by the typical high-fat, high-sugar, low fiber Western diet. Hence, the majority of adult diabetes cases are preventable, reversable, or controllable through dietary modification. (wz)

0014
Diabetes defined /Carol Barnett. --.
Barnett, Carol. Ann Arbor, Mich. : Michigan Diabetes Research and Training Center, The University of Michigan, c1982. "The development of this booklet was supported in part by the National Institutes of Health, grant number NIH 5 P60 AM20572, National Institute of Arthritis, Diabetes, and Digestive and Kidney Disease. 33 p. : ill. ; 22 cm. (NAL Call No.: DNAL FNC RC660.B37 F&N C-2867).
Abstract: Basic information on carbohydrate metabolism involving glucose and insulin, alterations in this metabolism in the diabetic state, and on the characteristics, causes, and treatment of diabetes is given in lay language for diabetics. Attention is given to the signs and symptoms of diabetes, the insulin-dependent and non-insulin-dependent types of diabetes, factors that can trigger diabetes onset in people having an inherited tendency to diabetes, and the use of diet, exercise, and medication in diabetes therapy. Information is also given on diabetic emergencies (including hyperglycemia, ketoacidosis, coma, hypoglycemia, and their treatments), maintenance of a personal diabetes record, and the diabetes care health team. (wz)

0015
The diabetes fact book / Theodore G. Duncan. -.
Duncan, Theodore G. New York C. Scribner c1982. Rev. ed. of: The good life--with diabetes. 1973 -Includes index. xi, 146 p. ; 22 cm. Bibliography: p. 141. (NAL Call No.: RC660.D8 1982 F&N C-2580).
Abstract: Advice and information is offered to assist diabetics and those who work or live with a diabetic in living as normal a life as is possible while following a difficult regimen to control the disease. The history, nature, and effects of diabetes are discussed as well as the best methods of testing sugar levels, adjusting insulin dosage, handling emergencies, and controlling the disease through diet and exercise. Recent scientific advances such as the insulin infusion pump and home blood-sugar testing kits are described. Early signs of diabetic coma and hypoglycemia are identified so those around the diabetic can be aware of physical changes that could signal a developing problem. Nonmedical information is provided on insurance, jobs, education, driving, and laws affecting diabetics. (kbc)

0016
The diabetes picture an illustrated and large print manual /written by Hazel Fry, Donna Wetterlin. --.
Fry, Hazel. ; Wetterlin, Donna. Kettering, Ohio (3535 Southern Blvd., Kettering 45429) : Kettering Medical Center, c1986. "NVH 601-518.". 6 , 67 p. : ill. ; 28 cm. Includes bibliography. (NAL Call No.: DNAL RA645.D5F7).
Abstract: Some basic components of diabetes management are outlined in this illustrated, large-print manual for diabetes nurse educators and dietitians working wth patients with vision problems. Content can be modified to meet the needs and capabilities of elderly patients, young children, non-English speaking individuals and persons with learning disabilities. Topics include 1) causes, symptoms, and treatment of high blood sugar and insulin reaction (low blood sugar), 2) wine testing for sugar and ketones, 3) do's and don'ts of proper foot care, and 4) guidelines for diabetic meal planning. A color-coded "dot" system is presented to help patients who cannot read identify the major food groups (i.e. meat, bread, fruit, fat, milk, vegetables) and the numbers of recommended servings for each meal and snack. Illustrations are provided of selected foods in each food group and quantities that constitute one serving; visual guidelines are given for estimating portion sizes of different types of meat and cheese. (ajo)

0017
Diet and diabetes /Briony Thomas ; cartoons by David Nathanson.
Thomas, Briony. Edinburgh ; New York : Churchill Livingstone, 1984. v, 97 p. : ill. ; 19 cm. Bibliography: p. 88. (NAL Call No.: DNAL RC662.T4).
Abstract: Anxiety is often experienced by people diagnosed as diabetic and those who have to feed diabetic children. To assist these groups, this book contains a brief but clear description of the dietary factors which must be considered, and the best ways to solve problems which may occur. Background information on diabetes, sample diets, recipes, exercise, family meals, hypoglycemia, and pregnancy comprise some of the topics addressed as they relate to the disease. Suggestions on methods to sweeten foods, alcohol consumption, traveling, a resource section, and food exchange list are provided.

0018
Dietary factors in hypertensiona selected bibliography. --.
Bethesda, Md. : High Blood Pressure Information Center, National Institutes of Health, 1984. 26 p. ; 28 cm. (NAL Call No.: DNAL FNC Z6664.H9D5 1984 F&N E-4723).
Abstract: A variety of articles and publications related to the role of diet in the management of hypertension are presented in this bibliography developed by the High Blood Pressure Information Center of the National Institutes of Health. Categories of factors related to hypertension for which journal articles are provided include 1) diet (general and review articles), 2) sodium, 3) sodium and potassium, 4) potassium, 5) obesity, 6) cholesterol, blood lipids, and dietary fats, 7) calcium, 8) other dietary factors (e.g. magnesium, chloride, fiber, trace metals, garlic, protein) and 9) dietary management. Types of reference included in addition to journal articles are monographs and bibliographies, specialized journals and newsletters, and consumer resouces for diet information. (aj)

0019
Dieticianan apple a day. N/A.
Spring, Tex. : Dietware, c1982. Title from title screen. 1 computer disk ; 5 1/4 in. + guide. (NAL Call No.: DNAL QA76.8.A662D5 1982).
Abstract: Software initially designed as a tool for the physician's office, if easy to follow, can be adapted for home use to create individualized diets which follow a diet presciption. The user can develop menus (one for each day of the month), recall a diet previously recorded, look at the nutrient composition of an individual food and add up to 500 new foods to the current database of 700 foods. The instruction booklet recommends that before using the program, a physician should be consulted for a dietary presciption for calories, carbohydrate, protein, fat, cholesterol and sodium (the six components analyzed by the program). The instruction booklet offers recommendations for these 6 food components. When a calorie level is chosen, default values are giv en for the diet to contain 40% carbohydrate, 24% protein and 36% fat.~ Foods can be selected by typing in major food categories such as "milk" or "bread" and

then by picking from the more sepcific foods listed on the screen. A special feature of the program is that nutrient values can be obtained for recipes, on a serving basis. The instruction booklet contains an alphabetical food list, information on dry and liquid equivalents and useful abbreviations.

0020
Dinner at eight. N/A.
; Johnston, Dirk.~Monaco, James. Austin, Tex. : Rubicon Publishing, c1986. Title from title screen.~ Authors: Dirk Johnston, James Monaco.~ User's guide has 1985 copyright date.~ Container title: A four star menu, Dinner at eight.~ "With a color monitor, can use both Browse Search and Category Search Display. With monochrome monitor, can use only Category Search Display"--User's guide, p. 6. 2 computer disks : col. ; 5 1/2 in. + user's guide. (NAL Call No.: DNAL QA76.8.I2596D5 1986).
Abstract: This program provides gourmet recipes covering a variety of food groups, social situations, ethnic or regional styles and preparation methods. It assists the user with the construction of shopping lists and menus; automatically adjusts ingredient amounts for changes in the number of servings; allows recipes to be edited; makes wine suggestions; and provides a glossary of culinary terms and conversions. Additional recipes may be purchased or added by the user. Detailed preparation instructions, assistance with wine selection and information about the origin of the recipe are included.

0021
The doctor's guide to vitamin B6 /by Alan Gaby. --.
Gaby, Alan. Emmaus, Pa. : Rodale Press, c1984. Includes index. x, 258 p. ; 24 cm. Bibliography: p. 206-236. (NAL Call No.: DNAL FNC QP772.P9G3 F&N B-4075).
Abstract: A reference text for the general public provides an extensive review of current medical and nutritional research of vitamin B6 in easy-to-understand language, explaining how vitamin B6 aids in protecting health, preventing disease, and preserving emotional well-being. Case histories demonstrate the effects of vitamin B6 deficiency and how they can be identified and corrected. Evidence is presented to support the thesis that environmental factors (pollutants, food additives, medicines, etc.) destroy vitamin B6 or hinder the body's ability to properly utilize it. Information is given on the best food sources of vitamin B6, its function, the daily nutritional requirement, and safe application of it, foods and medications that interfere with vitamin B6 metabolism in vivo, and the best natural ways to enhance its effectiveness. The proper use of vitamin B6 as a safe alternative to drug treatments for a variety of health problems also is discussed.(wz)

0022
Eat fruits every day : feel better look better.
(Saipan, Marianas Islands) Dept. of Education, Commonwealth of the Northern Marianas Islands (1982). NET funded ~Bibliography: p. 49. 49 p. : ill. ; 27 cm. (NAL Call No.: TX397.E3 F&N E-4189).
Abstract: The booklet describes the nutritional value and uses of over 20 fruits available in the Mariana Islands. Bar graphs illustrate the percent of the RDA calorie and leader nutrient requirements provided by each fruit. Recipes and serving suggestions are offered. (js)

0023
Eating clean food safety and the chemical harvest : selected readings /prepared with the assistance of Michael Fortun ; introd. by Ralph Nader.
; Fortun, Michael. Washington, D.C. : Center for Study of Responsive Law, 1982. vi, 294 p. : ill. ; 28 cm. Includes bibliographies. (NAL Call No.: DNAL TX531.E22).
Abstract: This book is a composite of information regarding the vast variety of food contaminants and food additives. An introduction, written by Ralph Nadar, addresses the need for increased regulatory enforcement of food products. There is a flood of pollutants, animal drug residues, chemical additives, and unsanitary conditions which contaminate the lengthy food chain from the fields and ranches to the marketplace and, finally, the dinner table. Nader argues that food safety laws are weak and under used. This resource book of selected readings responds to those who wish to know more about the hazards in our food and what can be done about them. People can organize to support government and community initiatives to insure that their food is safer.

0024
Evaporated milk.
Springfield, Ill.? : Illinois Dept. of Public Health, Commodity Supplemental Food Program, 1985. Caption title. 4 p. : ill. ; 28 cm. (NAL Call No.: DNAL TX759.E8).
Abstract: How to open, store, and use evaporated milk, a commodity food, is presented in this pamphlet. Included are several recipes.

0025
Fitness and nutrition for seniors / by Robert E. Rockwell and Nancy E. Osborne ; illustrated by Susanne Elizabeth de Haas. -.
Rockwell, Robert E. ; Osborne, Nancy E. Springfield, Ill. Thomas c1984. ix, 153 p. : ill. ; 26 cm. Includes bibliographical references and index. (NAL Call No.: GV482.6.R6 F&N B-3869).
Abstract: A guidebook discusses exercises and nutritional facts specifically aimed at aiding instructors and administrators in planning a fitness-nutrition program for senior citizens. Warm-up exercises and exercises for particular parts of the body such as the abdomen, hips, chest

and arms are described. The functions of specific vitamins and minerals and their levels in various foods and available nutrition programs for seniors are presented. Nutrition-related problems such as: sensory loss, dental problems, and constipation as well as approaches to nutritional assessment, weight control, and food label information are also covered. Information on the nutritive values of the edible portions of foods, and US Recommended Daily Dietary Allowances is appended. (wz)

0026
The Food additives book / Nicholas Freydberg and Willis A. Gortner. -.
Freydberg, Nicholas. ; Gortner, Willis A.~ (Willis Alway),~ 1913-. Mount Vernon, N.Y. Consumers Union 1982. xiv, 722 p. ; 21 cm. Includes bibliographical references and indexes. (NAL Call No.: TX553.A3F8 1982 F&N B-3476).
Abstract: A reference book delineating additives used in a wide variety of commercially-available foods is presented for the general consumer. The material is organized into 2 major sections: the 1st section inventories specific additives in numerous brand-name products arranged into 23 broad food groups (ranging alphabetically from baby food to vegetables and their juices); the 2nd section is a dictionary of food additives describing individual additives and their safety (including safety ratings on a comparative scale). Information provided in the 1st section identifies product brand names under the specific manufacturer, with those additives (if any) present that are a potential health hazard either to everyone or only specific groups. (wz)

0027
FRAC's guide to the food stamp program. --.
Washington : Food Research and Action Center, 1983. Cover title.~ "February 1983."~ Includes update sheets. 48 p. : forms ; 28 cm. (NAL Call No.: DNAL HV696.F6F64 1983).
Abstract: The function and operation of the Food Stamp Program (FSP) are outlined in this guide developed by the Food Research and Action Council (FRAC), a nonprofit organization that works primarily through Federal food programs to address the hunger problem in the U.S. Topics covered include 1) federal and state responsibilities in financing and operating the FSP, 2) what food stamps are and how and where they may be used, 3) eligibility for the FSP based on household composition, income, and resources, 4) coupon allotment amounts and schedule, 5) work registration and job search requirements, 6) workfare, 7) application procedure for FSP, 8) fair hearings, 9) fraud hearings, 10) mistakes in coupon allotments, and 11) stolen, destroyed, or lost stamps. Sample worksheets outline how to calculate FSP income based on household composition, income eligibility standards, and income deductions (i.e. work deduction, standard deduction, dependent care, shelter costs, medical deduction). A series of charts shows the FSP coupon allotment for the period from January 1 to September 30, 1983 based on monthly net income and household size. Suggestions are provided that individuals can take to protect their rights under the program and to make sure that the law is being followed. Three indexes identify the topics covered in the guide key the information to the appropriate Federal law, and explains footnotes appearing throughout the text. A looseleaf update identifies changes in the FSP regulations that occurred as of November 1984 (i.e. income eligibility limits, standard, dependent care, and shelter deduction maximums, maximum coupon allotments).

0028
Guide to dental health / American Dental Association.
Chicago, Ill. The Association 1984, c1983. Special issue of the Journal of the American Dental Association. 68 p. : ill. (chiefly col.) ; 28 cm. (NAL Call No.: RK61.G83 F&N E-4395).
Abstract: Information for the general public is provided in 4 dental health areas: oral health concerns (oral hygiene, tooth structure, flouridation foods for fitness, and the effects of tobacco on teeth and oral tissues); family dental health issues (articles on care for the disabled child, and special dental treatments (e.g., root canal therapy); dental health consummerism (aspects of dental care plans and the use of x-rays); and advances in dental research (cavity prevention, resistance to infection, correcting injuries and abnormalities, implants, new treatment for periodontal disease, temporomandibular disorders). Articles are colorfully illustrated, provide basic preventive dental health principles, and encourage appropriate dental care throughout the life cycle. (kbc)

0029
Handbook of nutrition, health, and aging / by Donald M. Watkin ; foreword by Arthur S. Flemming. -.
Watkin, Donald M. Park Ridge, N.J. Noyes Publications c1983. xix, 326 p. ; 24 cm. Includes bibliographical references and index. (NAL Call No.: QP86.W3 F&N B-3736).
Abstract: A reference text for nutrition and health professionals covers various aspects of nutritional science and its relationships to health and aging on one hand, and the application of modern nutrition knowledge to individuals and population groups on the other. A total of 13 chapters are allocated to 2 major sections: specific characteristics of the topics of aging, nutrition, and health, and the interassociations of this triad; and the relationship and changing requirements of specific nutrients (chapters covering protein, fat, carbohydrate, minerals (and trace elements), vitamins, water, calories) to aging. Two additional chapters cover current federally-sponsored service

programs in nutrition, health, and aging, and a discussion of the Administration on Aging (federal agency). Recommended dietary allowances and a list of 1062 references are appended. (wz)

0030
Hemodialysis nutrition trivia /Diane Delhey and Catherine Bricker Frederico; graphics: Keven McKenna; illustrations: Walter Fournier.
Delhey, Diane. ; Frederico, Catherine Bricker.~McKenna, Kevin. Wellesley Mass. : C&D Nutrition Concepts, 1987?. v, 202 p. : ill. ; 16 cm. (NAL Call No.: DNAL RA784.D4).
Abstract: A spiral-bound, purse-size question-answer book containing 96 "trivia" questions designed for hemodialysis patients to clarify nutrition misconceptions and provide information on basic concepts in their nutrition management. The questions are multiple-choice, and are equally divided among 6 categories, viz. : protein, potassium, phosphorus, sodium, fluid, annd miscellaneous. The questions are listed in order of increasing difficulty within each of the categories. The book can be used as a game to test the knowledge of patients, with the suggestion that wrong answers be reviewed with the patient's renal dietitian.

0031
Hypoglycemia : fact or fad? : what you should know about low blood sugar / Lynn J. Bennion. -.
Bennion, Lynn J. New York Crown Publishers c1983. Includes index. xii, 180 p. : ill. ; 24 cm. (NAL Call No.: RC662.2.B4 1983 F&N B-3832).
Abstract: Basic information, facts, and case studies are related by an expert in human metabolism to aid hypglycemic patients in a better understanding of the consequences, prognosis, prevention and treatment of low blood sugar. The many causes of hypoglycemia are explained, and information is provided to show why so many people are currently treated for hypoglycemia when they may be suffering from other treatable ailments. The authors suggest that a more specific diagnosis be made in order that effective treatment can be applied. The text relates how to diagnose hypoglycemia, and how to discover, treat, and prevent its underlying causes, emphasizing that hypoglycemia is a manifestation of some underlying abnormality, not a disease in itself. A reference chapter provides an alphabetized list of defined terms, with illustrative examples and self-contained explanations. (wz)

0032
Infant feeding : a course in child care for vocational/technical schools / compiled by Suzan S. Schumacher, Ruth W. Gordon. -.
Schumacher, Suzan S. ; Gordon, Ruth W. Atlanta, Ga. Georgia State University, Dept. of Community Health Nutrition 1982. NET funded ~Loose-leaf. iv, 94 p. : ill. ; 30 cm. Includes bibliographical references. (NAL Call No.: RJ216.S37 F&N B-3401).
Abstract: A nine hour course designed to be integrated into vocational or technical school child care curricula or used as short term workshops for community child care providers offers information on sound principles of infant feeding and nutritional needs of infants from birth to age one. Based on The Infant Feeding Handbook (same source), the course is divided into 3 units according to age and appropriate foods (0 to 4-6 months--milk, 4-6 to 9 months--semisolid foods, 9-12 months--table foods). Course guidelines are organized into a course outline (content, background material), suggested strategies (step-by-step description of activities), references and resources needed and notes to the instructor (additional hints for effective teaching and class management).

0033
Informing the public about food : a strategy is needed for improving communication : report / by the U.S. General Accounting Office. -.
(Washington, D.C.) U.S. General Accounting Office; for sale by Supt. of Docs. 1982. Cover title ~CED-82-12 ~B-198417. iv, 72 p. : ill. ; 28 cm. Includes bibliographical references. (NAL Call No.: TX356.U55).

0034
Irradiation consumers' point of view /Marilyn G. Young. --.
Young, Marilyn G. Laval, Quebec? : Institut Armand-Frappier? , 1984. Cover title.~ "Presented September 27, 1984 at Conference on Irradiation and its applications.". 16 leaves ; 30 cm. (NAL Call No.: DNAL TP371.8.Y6).
Abstract: An overview presentation discusses the strong reaction of the general consumer population toward the irradiation of foods produced for human consumption and the educational and marketing strategies that must be considered to overcome this acceptability barrier. Consumer concerns are derived both from fears of the unknown and fears of the use of nuclear radiation, and are not easily swayed by arguments of improved food quality by irradiation elimination of bacteria and insects. The term "ionized" is preferred over "irradiated" because it causes less consumer anxiety; however, irradiation must not be sold as a replacement for good personel hygiene and handling of food processors. Other factors that influence consumer acceptence include apprehension of lower nutritional values from "ionized" foods and a higher cost for them. The results of various consumer surveys in Canada also are discussed. (wz)

0035
The lifelong nutrition guide : how to eat for health at every age and stage of life / Brian L.G. Morgan. -.
Morgan, Brian L. G. Englewood Cliffs, N.J. Prentice-Hall c1983. "A Spectrum book.". xiv, 207 p. : ill. ; 23 cm. Includes bibliographical references and index. (NAL Call No.: RA784.M6 F&N C-2635).
Abstract: Guidelines for designing a healthy diet, and eating properly throughout the stages of the life cycle are discussed by a nutritionist for the general public. The text not only addresses the basic elements of sound nutrition, but also provides facts and fallacies about nutritional and dietary fads and misrepresentations. Seventeen chapters discuss: nutrition and disease (heart disease, hypertension, cancer, obesity); nutrition at various ages (childhood, adolescence, old age); nutrition for special groups (pregnant women, vegetarians, alcohol drinkers, and those with food allergies); megavitamin therapy; nutrition and mental status; nutrition and exercise; and basic facts about vitamins, minerals and trace elements (wz)

0036
Long-term complications of diabetes mellitus /Karen T. Limauro ; Sumer Pek, consultant. --.
Limauro, Karen T. ; Pek, Sumer. Ann Arbor, Mich. : Michigan Diabetes Research and Training Center, The University of Michigan, c1983. Cover title: Long term complications.~ "The development of this booklet was supported in part by the National Institutes of Health, grant number NIH 5 P60 AM20572, National Institute of Arthritis, Diabetes, and Digestive and Kidney Disease. 16 p. : ill. ; 25 cm. (NAL Call No.: DNAL FNC RC660.L54 F&N E-4665).
Abstract: A discussion of the facts related to potential long-term complications (additional illnesses resulting from diabetes) of diabetes is intended to provide an incentive to the diabetic to maintain and control this condition. These complications include diabetic retinopathy (disease of the retina layer of the eyes), diabetic nephropathy (kidney disease), large blood vessel disease (hardening of the arteries), and diabetic neuropathy (disease of the nerves). The characteristics, diagnosis, treatment, and prevention of these complications are briefly summarized. (wz)

0037
The meat machine the inside story of the meat business /Jan Walsh.
Walsh, Jan. London : Columbus, 1986. 208 p. : ill. ; 24 cm. (NAL Call No.: DNAL TS1975.W3).
Abstract: Intended to encourage and promote a consumer compaign for "Real Meat", this book discloses a researched look at the meat business. Stock-farming techniques, slaughterhouse secrets, tenderization procedures, dye usage, and other methods employed to disguise inferior meat products comprise some of the issues addressed. The use of hazardous drugs, hormones, and tricks of packaging are topics also addressed. Tables illustrating regulatory standards and other meat-related data are included.

0038
Monitoring your diabetes /Sara Buttner ... et al. . --.
; Buttner, Sara. Ann Arbor, Mich. : Michigan Diabetes Research and Training Center, The University of Michigan, c1983. "The development of this booklet was supported in part by the National Institutes of Health, grant no. NIH 5 P60 AM20572, National Institute of Arthritis, Diabetes, and Digestive and Kidney Diseases"-. 30 p. : ill. ; 22 cm. (NAL Call No.: DNAL FNC RC660.M65 F&N C-2866).
Abstract: Guidelines to aid diabetics in personal monitoring of blood glucose and related diagnostics by using test methods are presented and discussed. These test methods include those for blood glucose (and related tests for glycosated hemoglobin and for urinary glucose) and for blood ketone levels. Hints for proper monitoring and for ensuring test accuracy, and samples of monitoring charts are included. A glossary defines underlined technical terms used in the text. (wz)

0039
The new American medical dictionary and health manual /Robert E. Rothenberg ; illustrated by Sylvia and Lester V. Bergman. --.
Rothenberg, Robert E. New York, N.Y. : New American Library, c1982 (1983 printing). "A Signet book.". 530 p. : ill. ; 18 cm. (NAL Call No.: DNAL R121.R6 1982).
Abstract: With the purpose of translating medical terminology into easily understood language, there by providing medical information in simple form, this manual includes a broad range of information. Fractures/broken bones, bites and stings, heart attacks, mouth-to-mouth artificial respiration, anatomy, pregnancy, special diets, and child development represent some of the topics. Full page illustrations and step-by-step instructions accompany topics where appropriate. In addition to the approximately 9,000 terms defined, the updated Medicare Handbook is included.

0040
The New holistic health handbook living well in a new age /Berkeley Holistic Health Center ; edited by Shepherd Bliss ... et al. . --.
; Bliss, Shepherd. Lexington, Mass. : S. Greene Press ; New York : Distributed by Viking Penguin, 1985. Rev. ed of: The Holistic health handbook / compiled by the Berkeley Holistic Health Center ; Edward Bauman ... et al. . c1978.~ Includes index. xiv, 429 p. : ill. ; 29 cm. Bibliography: p. 411-415. (NAL Call No.: DNAL RA776.5.H63 1985).
Abstract: Written for both the health

practitioner and lay person, this handbook is meant to augment strictly scientific approaches to health/healing. Topic areas included are: background discussions; other healing systems; preventive health care measures (ie; diets, dreams, stress), relaxation techniques, reflexology, eyesight improvement); and social responsibilities connected with holistic approaches. A bibliography and list of both national and international centers are included. (jdb)

0041
No more fat! : an effective diet and exercise program for permanent weight loss / Ellington Darden. -.
Darden, Ellington, 1943-. New York Simon & Schuster c1983. "A Fireside book.". 96 p. : ill. ; 22 cm. Bibliography: p. 94, 96. (NAL Call No.: RM222.2.D34 F&N C-2692).
Abstract: An illustrated diet and exercise program for permanent weight loss stresses moderate-calorie meals combined with high-intensity strength exercises. The text is written in a question and answer format for the general public. Topics include; the types and characteristics of body fat and its anthropometric measurement; overweight vs. over fat; guidelines for selecting the proper diet regarding fat intake (including caloric intake, high and low caloric foods, planning 6 small meals/day, eating out); illustrated strength-training exercises and rules; and food and nutrition misinformation (a discussion of various name fad diets, fasting, skipping meals, nutrient supplements, diuretics and laxatives. (wz)

0042
Nutrition for good health : eating less and living longer! / by Fredrick J. Stare, Margaret McWilliams. -.
Stare, Fredrick John. ; McWilliams, Margaret. Philadelphia, Pa. G.F. Stickley Co. c1982. vii, 216 p. ; 24 cm. Includes bibliographical references and index. (NAL Call No.: RA784.S72 1982 F&N B-3785).
Abstract: Fundamental nutrition information is presented for the consumer. The authors designed the text so sections or parts of sections can be used independently without the need to read the entire book. Topics included are: weight control (a look at the causes of, problems associated with, and ways to reduce or control weight); health problems (coronary heart disease, cholesterol, dietary habits, salt, diabetes, hypoglycemia and other diet related problems); food habits (covers life style and development of habits from infancy); food fads (examines the "health" in health foods); food safety (discusses food contaminants, and FDA's role); sanitation (discusses food handling and storage practices, preservation and nutrients in food); technological developments (examines how nutrients added to foods eliminated nutritional deficiencies), world food problems (looks at the haves and have-nots); and basic nutrition information (explains major nutrients). A recommended and not recommended book list is given along w ith information on where to obtain nutrition education materials. (kbc)

0043
Nutrition information for healthful eating.
White Plains, N.Y. General Foods Corporation 1983. Cover title -Chiefly tables. 40 p. : ill. ; 22 cm. (NAL Call No.: TX551.N84 F&N C-2485).
Abstract: The basics of nutrition and the implications for good health are explained. Nutrition is defined as the process of eating and using food to maintain good health. Individual nutrients (fiber, calories, protein) are defined; requirements and important sources of key nutrients (protein, cabohydrates, fats, Vitamin A) are charted. Nutrients supplied by specific brand name food products (e.g., protein: Post fortified oat flakes with milk) are listed. Recommended Daily Allowances and nutrition labeling are discussed as are the basic food groups, balanced diets, food variety, food intake, and moderation. (kbc)

0044
Nutrition myth-information.
Rosemont, Ill. : National Dairy Council, 1984, c1983. 1 folded sheet (8 p.) : ill. ; 22 cm. (NAL Call No.: DNAL FNC TX355.N865 1984 F&N C-2765).
Abstract: Three common myths associated with foods and vitamins and nutrients are discussed and rebutted: 1) vitamin C and B do not prevent colds and improve your sex-life; however vitamin C does help strengthen blood vessels, heal wounds and fight infection. 2) The nutrient values of processed foods are not necessarily less than natural foods; 3) "Magical" weight loss treatments do not work; the way to lose weight is to eat less and exercise more. (kbc)

0045
Nutrition publications for consumers : a selected annotated bibliography.
Washington, D.C. Nutrition Coordinating Office, Office of Disease Prevention and Health Promotion, Public Health Service, Dept. of Health and Human Services 1983. "June 1983.". 22 p. ; 28 cm. (NAL Call No.: Z5776.N8N92 F&N E-4354).
Abstract: An annotated bibliography provides descriptions of over 3-dozen non-technical publications on normal human nutrition that are available to consumers without charge. A variety of topics of public interest are covered (fetal alcohol syndrome, breastfeeding, salt intake, food labeling, health foods, teenage pregnancy, fructose, elderly nutrition, hyperlipidemia, fiber, US dietary guidelines, etc.). Six of the citations also are available in Spanish. Ordering information is provided with all of the citations. (wz)

0046
Nutrition, the challenge of being well nourished / Dorothy A. Wenck, Martin Baren, Sat Paul Dewan. -.
Wenck, Dorothy A. ; Baren, Martin.-Dewan, Sat Paul. Reston, Va. Reston Pub. Co. c1983. Includes index. xii, 642 p. : ill. ; 25 cm.
Bibliography: p. 571-588. (NAL Call No.: TX354.W42 1983 F&N B-3464).
Abstract: A basic nutrition text is designed to help the general public recognize accurate nutrition information. The relationships of cholesterol and fat to heart disease; salt to hypertension; and caffeine, saccharin, and sodium nitrite to cancer are explained. Other topics include: the physiological and psychological factors that influence food habits, how to change eating behavior; the body's energy needs; the causes of obesity; nutrient functions and sources; and how to read nutritional food labels. The text is divided into 8 parts with an appendix that contains a list of reliable nutrition information sources, nutritive value of foods, and RDA's. (kbc)

0047
Nutritional care guide for patients on CAPD /Peggy J. Mitchell. --.
Mitchell, Peggy J. St. Louis, Mo. : Jewish Hospital of St. Louis, c1982. 31 p. : ill. ; 28 cm. Bibliography: p. 31. (NAL Call No.: DNAL RC901.7.P48M57).
Abstract: The nutritional needs and dietary goals for patients on continuous ambulatory peritoneal dialysis (CAPD) are outlined in this manual from the Jewish Hospital at Washington University Medical Center. An introduction addresses the function of CAPD, dietary goals for patients, protein and calorie needs, the importance of regular exercise, effects of dialysate glucose content on appetite, the need for water-soluble vitamin and mineral supplementation, and dietary modification to decrease serum cholesterol and triglyceride levels. Guidelines are provided for weighing and measuring foods along with volume-weight conversions for dry and liquid measures. Forms are included for recording the patient's diet prescription (i.e. total calories, sodium, protein, fluid allowance) and daily food plan (i.e. number of servings of each food group per meal). Foods are classified as "allowed" and "not permitted" in the following groups: lean meat, fish, and poultry; skim milk; fats and oils; breads, cereals, and potatoes; fruits and juices; vegetables; and miscellaneous. "Extra sodium points" permitted in the diet prescription and found in selected food items are explained. A low-sodium vegetable seasoning guide suggests herbs and spices to complement different vegetables. A dictionary of herbs and spices describes general characteristics of each. Guidelines are included for eating away from home. A list of references is provided. (aje)

0048
Nutritious nibblesa guide to healthy snacking. --.
Dallas, Tex. : American Heart Association, c1984. Cover title. 8 p. : ill. ; 9 cm. (NAL Call No.: DNAL TX357.N82).
Abstract: This consumer information bulletin designed by the American Heart Association (AHA) aims to alter snack choices by presenting suggestions and health information. Twelve nutritious snack recipes are included and various snack characteristics are listed, such as crunchies, munchies, and thirst quenchers. Under each category, different nutritious foods are given which will help appease the particular snack craving. Additional tips are given for calorie-free snacking.

0049
Off to a good start : practical nutrition for family day care / Catherine Strobl and Nancy Van Domelen ; with illustrations by Heidi Sparks. -.
Strobl, Catherine. ; Van Domelen, Nancy. Denver, Colo. Colorado Dept. of Education 1982. NET funded. viii, 130 p. : ill. ; 28 cm. (NAL Call No.: TX361.C5S78 F&N E-3929).
Abstract: A basic nutrition resource book provides eating guidelines for adults and children, practical advice regardng consumer decisions and hints for meal planning and food preparation. An activity section which suggests experiences to help preschool children understand the relationship of food to health covers most of the major concepts presented. Recipes included throughout the text are accompanied by statements indicating how the food item may be used in the daily feeding pattern according to USDA Child Care Food Program requirements for 3-6 year old children. (js)

0050
Organizing a local Cornucopia Project : a manual for changing your food system. ; Cornucopia Project. Emmaus, Penn. Cornucopia Project, Rodale Press 1982.
69 (i.e. 95) p. : ill. ; 28 cm.
Bibliography: p. (70-72). (NAL Call No.: HD9005.07 F&N E-4434).
Abstract: Guidelines are presented to assist people who are interested in improving some specific aspect of their food system (e.g., enhancing the availability of local, fresh, and affordable produce in the supermarket; reducing home food and energy costs; aiding the community hungry; community land space renting for vegetable gardens). A general format for organizing and conducting a local "cornucopia" project is provided, and information concerning approaches to 29 activities for food system changes is presented under 4 specific types of activities and 3 general types (research, educational, and demographic networking services). The 4 specific activity types include those involving food production (community land trusts for gardens; farmer brokering; solar greenhouses; seed-saving exchanges,

etc.); food processing (e.g., community canning centers); and marketing-distribution (food co-ops; farmers' markets; food banks; hunger "hot-lines," etc.) (wz)

0051
OSP and the principles of quick bread preparationOrange Juice Software Systems. N/A.
New Richmond, Wis. : OJSS, c1982. Title from disk label.- Items all in container. 2 computer disks : sd., col. + 5 1/2 in. + manual. (NAL Call No.: DNAL QA76.8.A6622508).
Abstract: Lessons for beginning foods classes on quick bread ingredients and batter types are presented with the help of Osp, the outer space person. Documentation includes outlines of the factual information and viewing worksheets.

0052
Parent education materials / presented as an exclusive service of Ross Laboratories.
Columbus, Ohio Ross Laboratories (1982). 1 v. (loose-leaf) : ill. ; 30 cm. (NAL Call No.: RJ216.P37 F&N B-3648).
Abstract: Examples of educational materials provided by Ross Laboratories for use in counseling non-English-reading parents are offered. One set of materials contains only pictures and no text for non-readers; and one set is in braille. Information on breastfeeding, infant care, weaning and formula preparation is available in 20 languages. Any item can be photocopied but not altered. All items are available in pads of 25 sheets each. Information on 8 Ross products is included.

0053
Patient education tools for practice /Karyl M. Woldum ... et al. . --.
; Woldum, Karyl M. Rockville, Md. : Aspen Systems Corp., 1985. Statement of responsibility from label on t.p.- "An Aspen publication.". viii, 252 p. : ill. ; 29 cm. Includes bibliographies. (NAL Call No.: DNAL RT90.P37).
Abstract: Teaching plans that address a variety of patient learning needs in different clinical areas are presented in this collection of patient education materials. Plans provide a formalized system of standardizing content and documenting patient teaching through objectives. These plans were developed by personnel in appropriate clinical areas and are designed for use by registered nurses. Body systems covered by the teaching plans include cardiovascular, endocrine, gastrointestinal, genito-urinary, musculoskeletal, neurological, female reproductive, respiratory, and pediatrics. General plans useful for all patients cover medication, patient orientation to a unit, preparation for diagnostic tests and procedures, performing self-care activities at home, and knowledge of diagnosis and treatment. Each teaching plan contains a purpose, list of content topics, and learner objectives. Teaching forms are signed and dated as content messages are delivered and reinforced and as the patient meets the behavioral objectives. Guidelines for more effective teaching and evaluation that correlate with learner objectives are included with some of the teaching plans to increase their usefulness as reference tools. Handouts designed for patient use upon discharge or between clinic visits are provided. (aje)

0054
Questions about weight, salt and high blood pressure / U.S. Department of Health and Human Services, Public Health Service, National Institutes of Health.
(Bethesda, Md.) U.S. Dept. of Health and Human Services, Public Health Service, National Institutes of Health, National Heart, Lung and Blood Institute 1982. Cover title. (8) p. : ill. ; 10 x 22 cm. --. (NAL Call No.: RM221.H87Q4 F&N E-4306).
Abstract: A pamphlet presents answers to 18 common questions about body weight, salt intake, and high blood pressure for the general public. High blood pressure can lead directly to conditions that often kill or disable such as heart attack, stroke, and kidney disease. Lower weight means lower blood pressure for most people; eating less salt (sodium) and less high-sodium foods means lower blood pressure for some people. While maintaining correct body weight has not been proven to prevent high blood pressure, it may reduce the risk. A reasonable intake of sodium for an average person is 2 grams, or about 1 teaspoon of salt per day. (wz)

0055
Real food, fake food, and everything in between the only consumer's guide to modern food /by Geri Harrington.
Harrington, Geri. New York : Macmillan, c1987. Includes index. xv, 381 p. ; 24 cm. Bibliography: p. 355-362. (NAL Call No.: DNAL TX553.A3H37).
Abstract: Consumers are beginning to realize that what they eat has a lot to do with disease resistance, longevity, stress handling, and overall health. These realizations lead consumers more and more to seek information about what they eat. It is the purpose of this book to assist in this endeavor so that informed food choices can be made. Divided into seven parts, general subject areas include understanding modern foods, new foods technology, what constitutes real food, government interventions, and implications of current nutrition research. Topics include food additives/antibiotics, vitamin supplementation, artificial sweetners, fabricated foods, sulfite risks, and changing American diet, dairy products, and other controversial and non-controversial issues. An appendix and bibliography are included.

0056
Salt tidbits : some answers to questions often asked about salt.
Alexandria, Va. The Salt Institute 1982. 1 folded sheet (8 p.) : ill. ; 22 cm. Includes bibliographical references. (NAL Call No.: TX553.S6S36 1982 F&N C-2671).
Abstract: Questions often asked about salt are presented. A brief statement about the importance of salt is made, then 10 questions are answered (e.g., what is the daily salt requirement?) Seventeen types of salt are defined (e.g., pretzel salt - a salt), salt); and additional references available from the Salt Institute are listed. (kbc)

0057
Shopper's guide to low-fat main dishes : Atlanta area / (content and presentations Hazel McDaniel). -.
McDaniel, Hazel. Atlanta, Ga. Cardiac Clinics, Grady Memorial Hospital 1982. Cover title. 54 p. : ill. ; 22 cm. Bibliography: p. 54. (NAL Call No.: TX356.M37 F&N C-2669).
Abstract: A handbook for shoppers identifies brand name main-dish foods that are low in fat and would be suitable for use on low-fat, low-cholesterol or prudent diets. The approximate sodium and calorie content of most foods is given along with guidelines for label-reading and planning low-fat, low-cholesterol meals. Foods are categorized by meal (e.g., egg substitutes for breakfast), and pictures of the product or brand are provided. (kbc)

0058
Speaking of--diabetes /Nancy J. Kennedy, Nancy C. Roach, Debbie S. Cohen.
Kennedy, Nancy J. ; Roach, Nancy C.~Cohen, Debbie S. San Antonio, Tex. : Nancy J. Kennedy, Nancy C. Roach, c1982. Cover title. 76 p. : ill. ; 28 cm. Bibliography: p. 75-76 . (NAL Call No.: DNAL RC660.A2K4).
Abstract: This informative booklet is designed to facilitate meal management for diabetics. The comprehensive guide is easy to read and can be used for self-instruction or groups. The booklet begins with an indepth coverage of physiology and the need for insulin, and/or other medications. It discusses ways to monitor blood glucose levels at home. Also presented in the booklet are comprehensive exchange lists and methods for calculating exchanges by reading labels and recipes. Suggestions for foods while travelling are presented, including exchanges and calorie contents of foods served at ten of the most popular fast food establishments. Food suggestions for brown bag lunches are also provided. In addition, cooking and seasoning tips are discussed.

0059
Stay healthy America! a new look at what you should know about cancer / editor, Arthur Fisher . --.
; Fisher, Arthur,; 1931-. Durham, N.C. : Duke University Comprehensive Cancer Center, c1982. Caption title. 36 p. : col. ill. ; 28 cm. (NAL Call No.: DNAL RC261.S73).
Abstract: Extensive photographs help to explain facts about cancer - how to reduce one's chances of getting cancer, early detection, avoiding panic when someone close gets it. The physiology of cancer is explained and illustrated down to the sub-cellular level. Cancer incidence is discussed, and answers are provided for the most commonly asked questions about the possible causes of cancer. The early warning signals of cancer and ways to detect them are described. Treatment and cures are discussed. Finally, a list of resource organizations around the country is provided. (as)

0060
Straight talk about salt : what you should know about salt & sodium in your diet : with a table of the sodium and calorie values of more than 300 common foods / (developed by The Salt Institute in cooperation with the Food and Drug Administration and the National High Blood Pressure Education Program).
Alexandria, Va. The Institute c1983. Cover title. 20 p. : ill. ; 18 cm. Includes bibliographical references. (NAL Call No.: TX553.S6S78 F&N C-2670).
Abstract: The general public is presented with differing opinions regarding control of salt intake. Basic facts about the sources and function of sodium/salt in the American diet are provided. Brief explanations include: a definition of salt and sodium; sources of sodium in the diet; viewpoints on recommended intake; health conditions that may restrict sodium intake; common uses for salt, and how to measure dietary sodium. Several hundred food items are listed (by household measures and gram weight) giving sodium content (in milligrams) and caloric value. A list of sodium compounds commonly used in foods and references cited are given. (kbc)

0061
Take care of your heart the complete book of heart facts /Ezra A. Amsterdam and Ann M. Holmes. --.
Amsterdam, Ezra A. ; Holmes, Ann M. New York : Facts on File, c1984. Includes index. 343 p. : ill. ; 26 cm. Bibliography: p. 333 -337. (NAL Call No.: DNAL FNC RC682.A44 F&N B-3795).
Abstract: A detailed guide for the layman presents information about the human heart, coronary heart disease (CHD) prevention, and heart disease treatment and prevention. Attention is given to the major risk factors for CHD (cigarette smoking, high blood pressure, and high serum cholesterol), including specific guidelines to reduce CHD risk (e.g., daily exercise, lower caloric intake, and lower saturated fat intake). Other sections discuss women and heart disease, new CHD diagnostic tests, medical and surgi cal treatment of CHD, and methods for maximum rehabilitation. The 7 major sections of the text address; heart care; anatomy and physiology; the diseased heart;

diagnosis; therapy; adjustment and rehabilitation; and resources available to the heart patient. (wz)

0062
The Turnaround Workshop.
Clinton, Iowa : Campbell Soup Company, 1983? . "A Campbell Soup Company Program."- The Turnaround Workshop is a program of Campbell's Instiute of Health and Fitness.- Booklets entitled: After the diet -- then what? / Henry A. Jordan, Theodore Berland -- Eating Smart / Judith S. Stern / R. V. Denenberg -- Your active way to weight control / Charles T. Kuntzleman. 160 slides, 1 sound cassette, 1 leader's guide, 3 booklets, 1 food diary, 1 calorie counter, 1 pamphlet, 1 evaluation form. (NAL Call No.: DNAL Kit no.17 F&N).
Abstract: "The Turnaround Workshop" was designed by Campbell's Institute for Health and Fitness as a personal enrichment program. It is based on integrating good nutrition, physical activity, and behavior modification for a sensible approach to healthy living. The program consists of five basic sections: an introduction to The Turnaround Concept, New Directions in Eating and Exercise, The Nutrition Turnaround, The Physical Activity Turnaround and a conclusion. The program demonstrates to people of all ages and occupations how to fit sensible eating and exercise habits into their everyday lives, using a system of simple behavioral strategies outlined in a complete kit. Slides, a cassette, a number of booklets, and a leader's guide are included in the kit. (ls)

0063
Update, pork nutrition.
Chicago, Ill. Research & Nutrition Information Dept., National Live Stock and Meat Board c1983. (4) p. : col. ill. ; 28 cm. (NAL Call No.: TX556.P8U6 F&N E-4308).
Abstract: A report for nutritionists, food scientists, and consumers highlights the nutritional findings of a 3-year study on pork. A 3-ounce serving of cooked, lean pork only has about 197 calories (about 8% of the mean daily intake for an adult male), but about 42% of the adult male's RDA for protein. The same serving size provides 35% of the RDA for thiamin, 22% of that for vitamin B12, 10% of that for iron (about 1/2 being heme iron), and 77 mg of cholesterol (values for herring, veal, and dark meat turkey are higher). The study results also indicated that only 33-40% of pork fatty acids are saturated (45-50% monounsaturated; 7-9% polyunsaturated). (wz)

0064
The vegetarian connection /Joel Rose. --.
Rose, Joel. New York : Facts on File Publications, c1985. Includes index. 182 p. : ill. ; 29 cm. (NAL Call No.: DNAL TX392.R7).
Abstract: Information and extensive references on vegetarian health and nutrition are presented in this book. References are given for organization, books, periodicals, and instruction dealing with topics including: general information on vegetarianism; leading authorities on vegetarianism; diet planning; nutrition; health; fitness; food and nutrients; spas, health farms and travel; government information and services; university and other courses; health food stores; libraries and bookstores; restaurants; conferences; vegetarian networking through periodicals; and kitchen and household tools. A brief description about references is included. (mdp)

0065
The vitamin book a no-nonsense consumer guide /by Harold M. Silverman, Joseph A. Romano, and Gary Elmer.
Silverman, Harold M. ; Romano, Joseph A.-Elmer, Gary. Toronto ; New York : Bantam Books, c1985. Includes index. 359 p. ; 18 cm. (NAL Call No.: DNAL QP771.S5).
Abstract: With attempts to dispel the myths, mysteries, and untruths commonly associated with vitamins and minerals. The information in this book, gleaned from hundreds of scientific publications, is intended to help the consumer develop a common-sense approach to the use of vitamins and minerals in the diet. What vitamins/mineral used as drugs, vitamins/minerals in the food supply, and how to buy and take vitamin/mineral products comprise some of the topics addressed. Vitamin/mineral profiles and drug int eractions are presented; tables and a bibliography are included.

0066
Vitamins & you / Robert J. Benowicz. -.
Benowicz, Robert J. New York Putnam Pub. Group 1984. "GD/Perigee book. -Includes index. xvi, 361 p. ; 20 cm. Originally published: New York : Grosset & Dunlap, 1979.Bibliography: p. 351-352. (NAL Call No.: QP771.B4 1984 F&N B-3866).
Abstract: A guide to help consumers use natural and synthetic vitamins intelligently is presented. The goal is to help consumers understand the importance of proper nutrition and the role vitamins play in good health. The relationship between proper nutrition and health is discussed with emphasis on the degenerative diseases. The role of FDA plays in establishing RDAs and USRDAs is discussed along with nutrient supplements. Seven chapters are presented, which cover such topics as nutrition, vitamin deficiencies, and vitamin use and abuse. Also included are 7 appendices which cover medical applications of vitamins. A selected bibliography and index are included. (kbc)

0067
What you should know about good nutrition in later years. --.
South Deerfield, Mass. : Channing L. Bete Co., 1985, c1983. A Scriptographic booklet. 15 p. : ill. ; 21 cm. (NAL Call No.: DNAL TX361.A3W46 1985).
Abstract: This pamphlet is a guide for

older adults to eating a balanced, healthy diet. The basic 4 are listed, and changes that need to be made with physical aging of the body are described. Psychological and financial changes also occur, and require adaptation. Nutritional menu planning, food shopping, cooking, and eating are discussed, and the importance of exercise and rest is emphasized. (as)

0068
What you should know about sugar and your health. --.
South Deerfield, Mass. : Channing L. Bete Co., 1985, c1983. A Scriptographic booklet. 15 p. : ill. ; 21 cm. (NAL Call No.: DNAL RM237.85.W46 1985).
Abstract: Americans consume too much sugar and need to reduce consumption. Sources and types of sugar are described in the pamphlet. Healthrisks associated with sugar consumption are tooth decay and obesity. The relationship of sugary foods to these conditions and ways to prevent them are discussed. Tips for reducing sugar intake are outlined. (as)

0069
Winding your weight down taking steps toward lifetime weight control : the student's manual /by Olga Satterwhite and Alice Wood. --.
Satterwhite, Olga. ; Wood, Alice. Houston, Tex. : Nutrition Consultant Services of Houston, Inc., c1983. ix, 128 p. : forms ; 28 cm. (NAL Call No.: DNAL RM222.2.S22).
Abstract: An eight-week weight control course based on behavior modification techniques and sound nutrition principles is outlined in this teacher's manual that accompanies the student workbook. The course, developed from experiences with teaching weight control classes in clinical and private practice, emphasizes the student's envolvement in examining current behavior patterns and devising strategies for personal growth and change. The student's workbook is divided into 4 sections: 1) the program, 2) supplementary materials, 3) the food plan, 4) recipes. The basic weight control program consists of eight weeks of lesson plans and student activities. Classes are divided into two basic topics: one on behavior modification and one on food and nutrition. Sections on excercise and stress management supplement the basic program material. Supplemental outlines are also included for seasonal follow-up classes (i.e. winter holidays, summer vacation). The basic diet plan is based on the diabetic exchange lists; provisions are made for persons concerned about sodium and cholesterol intake. Instructions are provided for class scheduling, for obtaining selected teaching aids (i.e. food models, food scales and measuring utensils, restaurant menus), and for emphasizing the behavior modification aspects of the course. Reference books and additional sources of nutrition and weight-reduction information and teaching aids are listed. (apl)

0070
Winding your weight down taking steps toward lifetime weight control : the teacher's manual /by Olga Satterwhite and Alice Wood. --.
Satterwhite, Olga. ; Wood, Alice. Houston, Tex. : Nutrition Consultant Services of Houston, Inc., c1983. ix, 74 p. : forms ; 28 cm. Bibliography: p. 71-74. (NAL Call No.: DNAL RM222.2.S2).
Abstract: An eight-week weight control course based on behavior modification techniques and sound nutrition principles is outlined in this teacher's manual that accompanies the student workbook. The course, developed from experiences with teaching weight control classes in clinical and private practice, emphasizes the student's envolvement in examining current behavior patterns and devising strategies for personal growth and change. The teacher's manual is divided into four sections: 1) the program, 2) follow-up lesson plans, 3) the food plan, and 4) appendices. The basic weight control program consists of eight weeks of lesson plans and student activities. Classes are divided into two basic topics: one on behavior modification and one on food and nutrition. Sections on exercise and stress management supplement the basic program material. Supplemental outlines are also included for seasonal follow-up classes (i.e. winter holidays, summer vacation). The basic diet plan is based on the diabetic exchange lists; provisions are made for persons concerned about sodium and cholesteral intake. Instructions are provided for class scheduling, for obtaining selected teaching aids (i.e. food models, food scales and measuring utensils, restaurant menus), and for emphasizing the behavior modification aspects of the course. Reference books and additional sources of nutrition and weight-reduction information and teaching aids are listed. (apl)

0071
Your basic guide to nutrition /Fredrick J. Stare and Virginia Aronson ; edited by Stephen Barrett. --.
Stare, Fredrick John. ; Aronson, Virginia.-Barrett, Stephen. Philadelphia, Pa. : George F. Stickley, 1983 . Includes index. vi, 194 p. ; 24 cm. --. Bibliography: p. 177-181. (NAL Call No.: DNAL FNC RA784.S73 F&N B-3797).
Abstract: Basic nutrition facts and information on current nutrition-related topics are presented in the form of a reference guide on nutrition for laypeople. Topics include: how to ensure a balanced diet; practical guidelines for weight control; nutritional tips for teenagers; how to properly evaluate nutrition information provided by the food industry; and information on a variety of current topical nutritional concerns (vitamin and mineral supplements; food additives; vegetarian diets; health foods; junk foods; fast foods; sugar requirements and misconceptions; fluid intake needs; and

the interactive roles of diet in cardiovascular disorders and cancer). A 1-week sample diet and a detailed glossary of definitions of nutrition terms are appended. (wz)

0072
Your guide to care of the heart /Albert G. Goldin. --.
Goldin, Albert G. Philadelphia, Pa. : G.F. Stickley Co., c1985. Includes index. 122 p. : ill. ; 24 cm. --. (NAL Call No.: DNAL RC681.G58).
Abstract: A reference work for the general public utilizes a question-and-answer format to present practical information about the heart and circulatory system in both healthy and disease states. This information is organized under 13 topic areas. These topic areas cover: background information about the heart, the circulatory system, and the practice of cardiology; diagnostic tests for heart disease and status; guidelines for heart disease prevention; fifferences between and characteristics of chest pain (angins pectoris) and heart attack (myocardial ingarction); heart rhythm disturbances and their causes; high blood pressure and its hazards; heart valve diseases; less common heart diseases; heart failure and its causes and treatment; cardiovascular medicants and their use; necessary heart surgery, and related surgical techniques. New techniques and concepts that have recently been applied to the field of cardiology (i.g.: lasers, new pacemaker disigns, digital subtraction angiography), including dietary intervention, also are discussed. A glossary of technical terms is appended. (wz)

0073
Your guide to weight control with modifications for sodium and cholesterol restricted diets /compilation: Jayne Ramsayer, Kay Searfoss, Judy Scott. --.
Ramsayer, Jayne. ; Searfoss, Kay.-Scott, Judy. Duluth, Minn. (407 East Third St., Duluth 55805) : St. Mary's Hospital, Dietetics Dept., 1983. Cover title: Guide to weight control. 48 p. : ill. ; 22 cm. Bibliography: p. 47. (NAL Call No.: DNAL RM222.R36).
Abstract: Basic nutrition principles and guidelines for planning calorie-controlled menus are presented in this patient manual from the St. Mary's Hospital in Duluth. Causes, risks, and treatment of obesity are reviewed briefly. The functions of proteins, carbohydrates, fats, vitamins and minerals in the diet, and the calculation of the calorie content foods are outlined. Food Exchange Lists, which group foods with similar calorie and nutrient content together, are presented for the following groups: milk, vegetable, fruit, bread and starch, meat and protein, fat. A free exchange list and an exchange list of ingredients commonly used in baking (i.e. flour, chocolate, coconut, shortenings) are also included. A sample meal plan form is provided for recording the number of different food exchange permitted in one day's meals. Exchange lists and meal plans are designed for planning nutritious, well-balanced meals without counting calories. Guidelines are provided for 1) modifying behavior to control weight, 2) selecting entrees, desserts, and side dishes when eating out, 3) incorporating alcoholic beverages into a calorie-cotrolled meal plan, and 4) using sugar substitutes and "dietetic" food products. In addition, suggestions are included on selecting and preparing foods to reduce cholesterol, saturated fat, and sodium intake. Recipes are introduced with food exchange information included to facilitate meal planning. References are provided for further reading. (aje)

0074
Your guidebook to diabetic control /compliation: Joyce Sapik ... et al. . --.
; Sapik, Joyce. Duluth, Minn. : Diet Manual Committee, Duluth Hospitals, 1984. 68 p. : ill. ; 22 cm.
Bibliography: p. 64-65. (NAL Call No.: DNAL RC662.Y6).
Abstract: The role of nutrition in the control of diabetes and guidelines for planning diets for diabetics are discussed in the patient diet manual from Duluth Hospitals in Minnesota. Basic nutrition principles are outlined, including the functions of protein, carbohydrate, fat, vitamins and minerals in the diet and the calculation of the calorie content of foods. General rules for diabetic diet planning and special considerations for patients following sodium-and/or cholesterol-restricted diets are presented. Food Exchange Lists, which groups foods with similar calorie and nutrient content together, are presented for the following groups: milk, vegetable, fruit, bread and starch, meat and protein, and fat. A free exchange list and an exchange list of ingredients commonly used in baking (i.e. flour, chocolate, coconut, shortening) are also included. A sample meal plan form is provided for recording the number of different food exchanges permitted in one day's meals. Exchange lists and the meal plan can be used together to plan nutritious, well-balanced diets without counting calories. Guidelines are presented for 1) treating an insulin reaction, 2) meal planning during illness, 3) preventing an insulin reaction during exercise and 4) calculating recipes to fit diabetic exchange patterns. Additional topics include eating out, drinking alcoholic beverages, and using sugar substitutes and "~ ietetic" products. Recipes are introduced, with food exchange information include for easier meal planning. Definitions of important terms, diabetic cookbooks, and additional references are listed. (aje)

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